Volume III

LIFE SKILLS

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اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the Third volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, the future's promise,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

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Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the third volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of

individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends

the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text do not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

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Possess God-like Power by Knowing Secret Knowledge

The most direct path to enlightenment is the path of insight. Since enlightenment is seeing through illusions into reality, knowledge gives you instant realization of what is illusion and what is reality. It is to become conscious and aware about what is and how things work. The way to knowledge is through learning and thinking. You cannot learn without thinking and you cannot expand your thinking without learning. Knowing fully the ultimate goodness of the universe gives you complete certainty of goodness...

Experiencing Nirvana makes you feel like the luckiest and the happiest person on earth. You realize that the whole universe belongs to you and that you are a master of life. There is no one else like you and who has what you have. It is the feeling of having arrived and being there to stay forever. You feel that your life is in the best possible state there is and will continue to be the best onwards. You no longer have to go through ups and downs like the rest but you live on a plane that is continually ascending... You have to be wise about a plane of reality in order to rule in it. To function to the fullest of your capabilities in this world, it is not enough to be heavenly wise. You also have to be worldly wise. When you have heavenly and worldly wisdom, you are able to wield the full power of a god in this world. You can truly attain everything you want here. The higher and lower aspects of enlightenment give you full enlightenment. Combine

things superior and things inferior and you obtain the glory of the whole world...

Ways to Get Nirvana

Nirvana is a central concept in Buddhism, and it represents the ultimate goal of spiritual realization and liberation from suffering. It is a state of perfect peace, enlightenment, and the cessation of suffering. Achieving Nirvana is not a straightforward or easy task, and different Buddhist traditions have varying interpretations and practices to reach this goal. Here are some of the common ways to strive for Nirvana:

1. The Noble Eightfold Path: The Noble Eightfold Path is a fundamental teaching in Buddhism, which consists of eight interconnected principles or guidelines for ethical and mental development. These eight aspects are Right Understanding, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration. By following these principles, individuals work on purifying their thoughts, actions, and intentions, eventually leading to Nirvana.

2. Meditation: Meditation is a core practice in Buddhism. Different forms of meditation, such as mindfulness meditation (Vipassana), loving-kindness meditation (Metta), and Zen meditation (Zazen), are used to calm the mind, gain insight into the nature of reality, and achieve a state of deep concentration and wisdom. Meditation is seen as a crucial tool for progressing toward Nirvana.

3. Study and Wisdom: Developing wisdom through the study of Buddhist teachings and scriptures is important. Understanding the Four Noble Truths, the nature of suffering, the impermanence of all things, and the interconnectedness of all existence is essential to gaining insight into the path to Nirvana.

4. Ethical Conduct: Living a life in accordance with Buddhist moral precepts is critical for spiritual progress. The Five Precepts, which include not harming living beings, refraining from stealing, practicing sexual restraint, speaking truthfully, and avoiding intoxicants, are guidelines for ethical living.

5. Renunciation: Some Buddhist traditions emphasize renunciation of worldly attachments and desires. By reducing attachment to material possessions, relationships, and sensory pleasures, practitioners can focus on their spiritual development and move closer to Nirvana.

6. Contemplation of Impermanence: Meditating on the impermanence of all things, including the self, can lead to a deeper understanding of the nature of reality. This insight helps break the cycle of suffering and rebirth and is an essential part of reaching Nirvana.

7. Compassion and Loving-Kindness: Cultivating compassion and loving-kindness toward all sentient beings is another important aspect of the path to Nirvana. By generating feelings of love and compassion,

individuals can overcome negative emotions and attain a state of mind conducive to spiritual progress.

8. Sila (Moral Virtue): The practice of moral virtue or Sila involves behaving in an upright and ethical manner. By living a virtuous life, one purifies their mind and actions, which is essential for achieving Nirvana.

9. Spiritual guidance: Many individuals seek guidance and teachings from experienced Buddhist monks, teachers, or spiritual mentors to gain a better understanding of the path to Nirvana and receive personalized guidance.

It's important to note that the path to Nirvana can be long and challenging, and it may vary depending on the specific Buddhist tradition and the individual's personal journey. Additionally, the concept of Nirvana and the methods to attain it can differ among Buddhist schools, such as Theravada, Mahayana, and Vajrayana.

Nirvana & Islamic Gnosis

Nirvana in Buddhism and the concept of an abstract mode of Islamic gnosis are two distinct spiritual and philosophical ideas from different religious traditions. Here's a brief overview of each and the differences between them:

1. Nirvana in Buddhism:

- Nirvana is a central concept in Buddhism and represents the ultimate goal of spiritual realization and liberation from suffering.

- It is a state of perfect peace, enlightenment, and the cessation of suffering. It involves breaking free from the cycle of birth, death, and rebirth (samsara).

- Nirvana is often associated with the elimination of desire, attachment, and ego, leading to a state of pure awareness, wisdom, and compassion.

- Achieving Nirvana typically involves following the Noble Eightfold Path, meditation, ethical living, and other practices specific to Buddhist traditions.

2. Abstract Mode of Islamic Gnosis:

- The concept of an "abstract mode of Islamic gnosis" isn't a widely recognized or standard term in Islamic theology or mysticism. However, Islamic mysticism, or Sufism, does have its own set of concepts and practices related to spiritual enlightenment and closeness to God.

- Sufism emphasizes the inner, mystical dimension of Islam, seeking to attain a direct and personal experience of the divine (Allah).

- Sufism often employs practices like dhikr (remembrance of God), meditation, and spiritual mentorship to help individuals draw closer to God.

- While Sufism aims for spiritual realization, it is rooted in Islamic theology and the pursuit of divine love and knowledge.

Differences between Nirvana and Islamic Gnosis:

1. Religious Tradition: Nirvana is a concept within Buddhism, while Islamic Gnosis, as mentioned, pertains

to Islamic mysticism, specifically Sufism. They are part of different religious traditions with distinct belief systems and practices.

2. Goal and Nature: Nirvana is primarily focused on the cessation of suffering and breaking free from the cycle of rebirth, emphasizing the elimination of desires and attachments. In contrast, Islamic Gnosis within Sufism aims for a deeper connection with God, spiritual enlightenment, and divine love.

3. Concepts and Practices: The practices associated with achieving Nirvana and Islamic Gnosis are distinct. Buddhism emphasizes meditation, ethical conduct, and the Noble Eightfold Path, while Sufism uses dhikr, spiritual mentorship, and other mystical practices.

4. Theology: The theological foundations of these concepts are different. Buddhism is nontheistic or atheistic in many of its forms, while Sufism is rooted in Islamic monotheism and the worship of Allah.

It's important to note that within both Buddhism and Sufism, there can be variations in beliefs and practices depending on the specific school or tradition. Furthermore, when discussing terms like "Islamic Gnosis," it's essential to consider that Sufism encompasses a wide range of beliefs and practices, and terminology can vary among Sufi orders and scholars.

There is no System in Quran, Quran Provide General Principles Only

The Quran and Islamic texts, including those of the Shia tradition, do not prescribe specific political or economic systems in the detailed way that modern political and economic theories do. Instead, they provide general principles, values, and guidelines that can inform and shape political and economic systems. These principles are open to interpretation and application based on the changing contexts of time and place.

1. Political System: The Quran and Islamic texts emphasize principles such as justice, consultation (shura), accountability, and ethical conduct in matters of governance. While these principles provide a framework for good governance, they do not specify a particular political system, such as democracy, monarchy, or theocracy. Different Muslim-majority countries have implemented various political systems, each with its own interpretation of these principles.

2. Economic System: The Quran and Islamic texts offer principles related to economic ethics, including the prohibition of usury (riba), the importance of charity (zakat), and the promotion of economic justice and fairness. These principles lay the groundwork for Islamic economic principles but do not outline a specific

economic system like capitalism, socialism, or any other modern economic theory. Islamic finance and economic models are based on these ethical principles.

In Shia Islam, the core principles regarding politics and economics are consistent with those of Sunni Islam, with variations in theological and legal interpretations. Both Sunni and Shia traditions share a common ethical framework and approach to governance and economics based on the Quran and the teachings of the Prophet Muhammad.

Political and economic systems in Muslim-majority countries are often influenced by a combination of Islamic principles, historical factors, cultural traditions, and contemporary needs. As a result, there is no single "Islamic political and economic system" prescribed in the Quran or Islamic texts. Different nations have adapted these principles to their specific contexts, resulting in a variety of political and economic models.

It's important to understand that interpretations of these principles may vary among Islamic scholars and communities, and there is ongoing debate and discussion about how to apply these principles in modern governance and economics. Islamic political and

economic thought continues to evolve to address contemporary challenges and developments.

Patience and Acceptance

"What you wanted to happen may not have occurred, so be patient with what has happened."

This quote conveys a message of patience and acceptance in the face of life's outcomes, especially when things do not go as planned or as one might have wished for. Here's a detailed explanation:

1. Unfulfilled Desires: The quote acknowledges that there are times in life when our desires, hopes, or expectations may not be realized. This could be due to various reasons, including external circumstances, fate, or the will of a higher power.

2. Acceptance: In such situations, the quote advises individuals to accept the reality of what has already transpired. It encourages people to come to terms with the fact that their desired outcome did not materialize and that they cannot change the past.

3. Patience: The quote underscores the importance of patience. It suggests that one should patiently endure and bear with the situation as it is, even if it is not what they initially wanted. Patience is seen as a virtue and a means of coping with disappointments and setbacks.

4. Embracing the Present: It implies that instead of dwelling on what didn't happen, it is often more productive and emotionally beneficial to focus on the present and deal with the circumstances as they are. By doing so, individuals can adapt, make the best of the situation, and find contentment or opportunities in what has occurred.

5. Resilience: This quote encourages resilience and the ability to bounce back from disappointments. It reminds individuals that life is unpredictable, and while they may not have control over certain outcomes, they do have the capacity to face challenges and continue moving forward.

In essence, the quote promotes a mindset of acceptance, resilience, and patience when confronted with life's twists and turns, emphasizing that one can find strength and growth in adapting to the present, even if it differs from what was initially desired.

Governing Nature and Our Desires

"If your nature is not aligned with your desires, then live as it dictates."

This quote conveys a message about being true to one's inherent or natural disposition and suggests that one should align their actions with their innate tendencies. Here's a detailed explanation:

1. Alignment with Nature: The quote emphasizes the importance of aligning one's actions and decisions with their intrinsic or natural inclinations. It suggests that individuals should pay attention to their own nature or temperament when making choices in life.

2. Desires and Nature: Sometimes, individuals have certain desires or ambitions that may not be in harmony with their innate disposition. This misalignment can lead to inner conflicts, stress, and dissatisfaction. The quote encourages individuals to acknowledge their nature and consider it when making decisions.

3. Acceptance: It implies that rather than struggling against one's own nature, it may be more fulfilling to accept it and adapt one's choices and actions accordingly. This can lead to a more authentic and contented way of life.

4. Being True to Oneself: The quote advocates for authenticity and being true to oneself. It suggests that

individuals should not force themselves into roles or pursuits that are incongruent with their nature, as this can lead to unhappiness and inner turmoil.

5. Respect for Individual Differences: It also underscores the idea that each person's nature is unique, and what works for one individual may not work for another. Respecting and acknowledging these differences can lead to a more harmonious and fulfilling existence.

In essence, this quote encourages individuals to understand and honor their own nature and to make choices in life that are in line with who they truly are. It advises against pursuing goals or desires that go against one's inherent disposition, as this can lead to a lack of authenticity and inner conflict. Instead, it promotes a sense of self-acceptance and living in a way that feels natural and true to one's character.

Use Thoughtforms in Places to Influence People

To begin with, you should have a pretty good idea of how the place you are going to speak in looks. If possible, take a look at it in advance. You create the thought-form by visualizing a ball of light that radiates energy outwards to cause people to be receptive to your ideas and to like what you say. Imagine and feel energy flowing in into the thought form energizing it and strengthening

it fully. You put at the ceiling, over the audience like a lamp. In fact, if you can see it as a lamp, that is so much the better.

See it glow with the light you put into it and charge it to keep glowing, making everyone who is bathed by it receptive to what you are saying to you and your ideas. See the lamp illuminating the entire hall, leaving no corner uncovered. Charge this lamp-form as often as possible, always adding to the charge the command to make everyone who comes into contact with it like you. It is always important to program energy with information. The programming is what makes the thought form produce certain effect.

So what will happen with this? On the day of your speech, the audience will come in and sit down, not realizing that each individual mind is being manipulated by psychic energy to look favorably upon you. As the beams play over their etheric bodies, they will find themselves instinctively liking you and what you have to say without even questioning why. They will think of you as a genius and feel the need to buy your product if you are selling anything. You are affecting people energetically in covert ways.

The Quran, Bible, Torah, and Psalms

The Bible, Torah, and Zabur are religious texts that are considered sacred by different religious traditions. Here are brief explanations of each:

1. Bible:

- The Bible is the sacred scripture of Christianity. It is divided into two main sections: the Old Testament and the New Testament. The Old Testament contains religious texts that are also significant in Judaism, while the New Testament focuses on the life and teachings of Jesus Christ.

- There are various versions or translations of the Bible, including the King James Version (KJV), New International Version (NIV), and Revised Standard Version (RSV), among others. Each version may have some differences in wording or interpretation.

2. Torah:

- The Torah is the central reference of the religious Judaic tradition. It consists of the first five books of the Hebrew Bible (Genesis, Exodus, Leviticus, Numbers, and Deuteronomy). The Torah contains the foundational laws and teachings of Judaism.

- Different Jewish denominations may use slightly different versions of the Torah, but the content remains largely consistent across traditions.

3. Zabur:

- Zabur is the Arabic word for Psalms, which are a collection of religious poems or hymns found in the biblical Book of Psalms. The Psalms are considered sacred by both Judaism and Christianity.

- Similar to the Bible, different Christian denominations may use various translations of the Book of Psalms. In Judaism, the Psalms are often recited or sung as part of worship.

It's important to note that these texts are foundational to the beliefs and practices of their respective religious communities. Interpretations and emphasis on specific passages may vary among different denominations and sects within each tradition.

The Quran, the Bible, the Torah, and the Psalms are all sacred texts associated with different religious traditions, and they differ in terms of content, beliefs, and the religious communities that consider them authoritative. Here are some key differences:

1. Religious Tradition:

- Quran: The Quran is the holy book of Islam, believed by Muslims to be the literal word of God as revealed to the Prophet Muhammad.

- Bible: The Bible is the sacred text of Christianity, consisting of the Old Testament (shared with Judaism) and the New Testament, which focuses on the life and teachings of Jesus Christ.

- Torah: The Torah is the central reference in Judaism, containing the first five books of the Hebrew Bible. It includes the foundational laws and teachings of the Jewish faith.

- **Psalms:** The Psalms are part of the Hebrew Bible and are considered sacred by both Judaism and Christianity. They are a collection of religious poems or hymns.

2. Foundational Beliefs:

- **Quran:** Islam teaches the oneness of God (Allah) and the finality of the prophethood of Muhammad. The Quran provides guidance on various aspects of life, morality, and worship.

- **Bible:** Christianity emphasizes the life, death, and resurrection of Jesus Christ as central to salvation. The Old Testament contains the religious history and laws of the Israelites.

- **Torah:** Judaism focuses on the covenant between God and the Jewish people as expressed in the Torah. It includes laws, ethical teachings, and narratives.

- **Psalms:** The Psalms are a collection of poetic expressions of praise, worship, and lament found in the Bible. They are used in worship and reflection by both Jews and Christians.

3. Structure and Organization:

- **Quran:** The Quran is organized into chapters (suras), which are further divided into verses (ayat). It is written in Arabic.

- **Bible:** The Bible is a collection of books, including historical narratives, laws, poetry, and letters. It is divided into the Old Testament and the New Testament.

- Torah: The Torah consists of the first five books of the Hebrew Bible: Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

- Psalms: The Psalms are part of the Old Testament and are a collection of 150 poetic songs.

4. Language:

- Quran: The original language of the Quran is Arabic.

- Bible: The Bible has been translated into numerous languages, including English, Latin, Greek, Hebrew, and many others.

- Torah: The original language of the Torah is Hebrew.

- Psalms: The Psalms are written in Hebrew.

It's important to recognize and respect the distinctiveness of each religious tradition and its sacred texts while acknowledging shared historical and thematic elements. Each text plays a central role in shaping the beliefs, practices, and identity of the respective religious communities.

What are some of the most awesome psychological facts?

1. If you are suffering from any mentally problem, a mind reader can tell you about your problem without asking to you.

2. We automatically second-guess ourselves when other people disagree.
3. We're convinced that the future is bright.
4. We (unintentionally) believe what we want to believe.
5. We look for human faces, even in inanimate objects.
6. Social media is psychologically designed to be addictive.
7. Yawning is a cool down for our brain.
8. It takes about 66 days for an average individual to make something a daily habit.
9. *We can udnretsnad any msseed up stnecene as lnog as the lsat and frsit lteerts of wdros are in crrcoet palecs. Suhc as tihs stnecene.*
10. Men aren't more entertaining than women: they only make more jokes, they don't care whether others like their humor or not
11. Studies have shown that consuming food without preservatives will increase I.Q by up to 14%
12. If you sob out of happiness, the first tear will come from the right eye, but if you cry out of sorrow, it will come from the left.
13. Food prepared by someone else tastes much better than your own preparation, even when you use the same recipe.
14. In a group a person tend to look more for the person they are closest to.
15. **People would rather change the truth than change their views about people.**

16. People between the ages of 18 and 33 are the highest percentage to have depression in the world.
17. The maximum number of close relationships/friendships you can maintain is between 50 and 150.
18. Phobias may be memories which are passed down through many ancestors by means of our DNA, according to new studies.
19. A hug longer than twenty seconds will produce hormones into your body that makes you trust the individual who is hugging you.
20. People are franker because they're emotionally drained. That's why people mention things in late-night talks.
21. Narcissistic Personality Disorder exists in around 6% of the population.
22. The fastest supercomputer in the world takes 24 million watts of power to run, but our brains only need 20 watts and operate over 100,000 times faster.
23. Almost all colors have a physical wavelength associated with it, but the color Magenta doesn't as your brain is actually interpreting the color as "not green."
24. Seeing someone else smile makes us smile inside. (we feel it automatically)
25. The type of music you listen to impacts the way you look at the world.

26. You'll feel more happy spending your money on others and than on yourself.

27. Babies also start to process language just like grownups after a couple of days of being born.

08 Red Flags in texting you should know

- Excessive use of emojis can be a sign of immaturity or insincerity.

- One-word answers may indicate disinterest or a lack of effort in the conversation.

- Slow response times can be frustrating and may indicate that the other person is not invested in the conversation.

- Sending unsolicited explicit messages is inappropriate and can be a form of harassment.

- Refusing to answer questions can be a sign of dishonesty or a lack of trust in the relationship.

- Other red flags in texting include being overly aggressive or argumentative, using manipulative language, and making derogatory or insulting comments.

- It's important to set boundaries and to communicate your needs clearly in any relationship, including texting.

- If you feel like the other person is not respecting your boundaries or is making you feel uncomfortable, it's okay to stop communicating with them.

- Always prioritize your safety and well-being in any relationship.

What is the easiest psychological trick you can play on someone?

1. If you have a friend who does not want to share something with you, ask them a question and it feels that they are hiding something, simply keep an eye contact and say nothing. The silence combined with eye contact will make them uncomfortable and then they may speak what they are hiding.
2. If you're in a meeting and you think someone is likely to become aggressive towards you, sit next to them as it then becomes harder and awkward.
3. When you want something from someone, ask more than you want, and when they say no, you may ask for actual amount.
4. When you meet someone and shake hand make sure that your hand is warm because it makes you far more attractive and impressive to the other person.
5. When a group of people start laughing, each one in the group will probably look to the one they feel closest to.

Use your Feeling to Know Best Possible Future

Before making a choice, think about how you would feel after you have already made it. The key thing is to judge by how it feels and not how it looks or sounds. Feeling is the sense that perceives beyond what you see or hear. Even when something looks right, sounds right or logically seems right, but yet it somehow feels a bit off, learn to trust your feeling and find out what's not right. There is something you probably overlooked, and your logical mind may catch up when you explore what needs refinement.

Your feeling is your vibration. When you are experiencing something that is good for you, you will feel good about it. That is why to be happy and fulfilled in life, you have to do the things that make you feel good. When you do things that the world says is good for you, looks good, sounds good and even seems good in a logical way, but yet it doesn't feel good, you will feel dissatisfied, empty and disillusioned. Your purpose here is to live your calling by following the spirit which guides you by your truest feelings.

When you have several choices in mind that feel good to you, find the one that feels best. You may have to try them out one at a time in order to really know which one

resonates with you the most. Remember that your spirit guides you to make the best choices in every moment. Which means what feels best now may not feel best later or what doesn't feel best now may feel best later. So don't be confused about how your feelings change from time to time. Simply think about how you really feel and do it.

We Don't Meet Anyone by Accident

5 Types of Cosmic Connections

In this world that we are lucky to live in, every single meeting and chance encounter serves a greater purpose. Absolutely nothing happens by chance!

Sometimes people come into our lives who are not meant to be forever. Sometimes they are meant to only teach us a lesson or something along those lines. We are supposed to be open to these lessons and all that comes with them, even the pain.

Some of the paths we have to go down are rougher than others but that is okay. All of the paths we travel down are important to our life journey. Life is truly a magical mystery to us all and sometimes, if we are are lucky the Universe helps us out without us noticing.

These are the 5 types of cosmic connections you will encounter on your journey:

1. Those meant to awaken us.

Sometimes people or things come into our lives that are meant to create a point of stopping for us.

They will not allow us to move forward without realizing that change is needed. Nothing ever goes according to our plans but everything goes according to the Universe's plan.

2. Those who remind us.

Sometimes in life, we come across people who are supposed to remind us of the path we are supposed to be going down.

These people are often temporary but leave a lasting change inside your soul.

3. Those who help us grow.

Some people are meant to help us grow as a person.

They teach us things we would not have been able to do on their own.

Recommended: 5 Different Types of Soul Mates Everyone Encounters In Their Lives

4. Those who hold space for us.

Sometimes there are people who come into your life who are meant to hold space for us.

They make small talk and most of the time we don't even get their names. This could be a stranger on a bus or even a worker in a coffee shop.

5. Those who stay

When we are ready the Universe will give us someone who will stay with us forever, someone who is our fate.

This person will be all that you thought they would be and more. You just have to be patient. We also encounter many people who stay when it comes to lasting friendships and close family but that one person makes things all better.

Have you experienced any of these cosmic connections?

Energy Magic and Mana Regeneration for Wellbeing

Mana is taken from the food and air by the inner self and is stored in the energy body. This is the force known as "the will." The will uses mental energy or mana. By combining the Mana from food and air with additional Mana from unlimited cosmic sources, we can always have the power we need to accomplish whatever we truly and justly desire. Exercise or any form of physical exertion always starts the inner self manufacturing more Mana. Instead of exercising, you can assume the mental attitude of getting set to run a race. When you hold the picture in mind of getting ready to run, you breathe more rapidly and tense up the muscles a little. The inner self will begin

to create the desired vital force. That's why when you are in a ready to fight or compete situation, your energy gets roused up. But there are calmer ways of creating mana.

Where you eat is just as important as what you eat. Eating is an act where you are consuming energy. You are not only partaking physical food and drink into your body, but simultaneously, your energy body is also partaking energy from the environment into itself. The physical act of eating opens up the aura. It is important to eat in environment that is substantially clean physically and energetically and conducive for eating. Eating is a sacred activity and that is why it is usually done with certain activities and not with others. Who you eat with is also just as important. The food you eat, the place you eat in, and the people you eat near with all play in your eating experience. Eating under conditions that are uncomfortable diminishes the eating experience as it causes you to contract your aura or energy field. Opening up your aura in the wrong conditions and drawing in all kinds of negative energy will lead to negative consequences. Disease may result when one is in a perpetual and severe enough state of dis-ease. When you eat under the right conditions, your energy field can expand properly and regeneration is at its optimal.

You are like a battery. You need a surcharge of electricity or mana to perform magic. This is why there is the act of "Powering Up" for magical users before they engage in any activity that involves the use of power. Energy or chi can manifest by two ways which is generation and absorption. Some say that absorption can lead to psychic

vampirism, but that is only the case if you use it unnaturally. As long as we don't intentionally suck people's life force in a way that drains them, we can simply draw in the life force energy that is already released by them into the surrounding atmosphere. Lots of places have high chi, we can simply go there and draw in the energy.

Facts not only useful but also highly profitable

Want to give someone a sense of power without giving Power: Whenever talking with someone, & you feel they're not paying attention to you, stop and ask for their permission to continue the conversation. You'll get their full attention because now listening to you, is their own choice (they feel important & powerful) [1].

- **Want Honest Answers from People:** If someone tries to avoid answering your question, just make a pause in the conversation & keeping eye contact with them. This non-verbal cue made him believe that you already know the truth. They start feeling uncomfortable, and this will force them to elaborate on their thoughts [2].
- **Want Everyone to Say Yes to You:** People like to feel needed. So, always start your request

with the phrase “I Need Your Help”. By starting off your request with that phrase, you’re more likely to receive the help [3].

- **Want to Look Trustworthy among others:** Warm your hands before shaking hands with others because warm hands give a friendly vibe to others. While cold hands are linked to distrust [4].
- **Want to hijack someone’s Attention:** Whenever you want someone's full attention, start looking straight into their eyes & use their name through the conversation [5].

[1] Gass, Robert H., and John S. Seiter. *Persuasion: Social Inflence and Compliance Gaining*. Routledge, 2015.

[2] Pérez-Rosas, Verónica, et al. "Verbal and nonverbal clues for real-life deception detection." Proceedings of the 2015 Conference on Empirical Methods in Natural Language Processing. 2015.

[3] Hall, Sue, et al. ""It makes you feel that somebody is out there caring": a qualitative study of intervention and control participants' perceptions of the benefits of taking part in an evaluation of dignity therapy for people with advanced cancer." *Journal of pain and symptom management* 45.4 (2013): 712-725.

[4] Brown, Robert Edward, and Dorothea Johnson. *The power of handshaking: For peak performance worldwide*. Capital Books, 2004.

[5] Patterson, K. (2002). *Crucial conversations: Tools for talking when stakes are high*. Tata McGraw-Hill Education.

What are some harsh realities of life?

1. Even if you're so thirsty, don't drink from **every** cup that is presented to you. That's how you get **poisoned**.
2. The biggest part of becoming an adult is **unlearning a lot of bullshit you were taught by people**, who didn't know what they were doing either !
3. Maturity is being able to have your opinions and beliefs challenged, without feeling **personally challenged or attacked.**
4. Remember, most of your stress comes from **the way you respond,** not the way life is.
5. Sometimes you block your own blessings by telling everyone your business.
6. Don't ask why you don't fit in. **You belong elsewhere**.
7. Even if I trust you, I can't tell you **everything**.
8. It's great to see the good in people. However, make sure you set boundaries to protect your energy.

How Can Grow Reading Books Skill when Don’t Passionate About Reading Books

It's great that you're looking to improve your reading skills, even if you're not currently passionate about it.

Developing a reading habit can be a gradual process, and there are several strategies you can try to make it more enjoyable:

1. Start with topics you're interested in: Find books on subjects that genuinely interest you. Whether it's fiction or non-fiction, choosing books related to your hobbies, favorite genres, or even your favorite movies can make reading more enjoyable.

2. Set realistic goals: Begin with manageable reading goals. You don't have to start with lengthy novels; short stories, articles, or graphic novels can be good starting points. As you build confidence, you can gradually tackle more complex texts.

3. Create a reading routine: Set aside dedicated time each day or week for reading. Consistency is key when forming a habit. This could be before bedtime, during lunch breaks, or any other time that suits your schedule.

4. Join a book club or reading group: Sharing the reading experience with others can make it more enjoyable. Book clubs provide a space for discussing books, gaining different perspectives, and discovering new titles.

5. Explore different formats: If traditional books don't appeal to you, try audiobooks or e-books. Audiobooks can be a great way to "read" while doing other activities, like exercising or commuting.

6. Visit the library or bookstore: Spend some time browsing through books in a library or bookstore. You might discover something that piques your interest. The physical act of being surrounded by books can also be motivating.

7. Mix fiction and non-fiction: If you're not a fan of fiction, try non-fiction or vice versa. There's a wide variety of genres and styles to explore within each category.

8. Reward yourself: Treat yourself after completing a book or reaching a reading milestone. This could be a small indulgence, like a favorite snack or some leisure time with a favorite activity.

9. Read at your own pace: Don't feel pressured to finish a book quickly. Take your time and savor the experience. It's more important to enjoy the process than to rush through it.

10. Keep an open mind: Be willing to try different genres and authors. You might discover unexpected gems that capture your interest.

Remember, the key is to make reading a positive and enjoyable experience. Over time, as you find books that resonate with you, your passion for reading may naturally grow.

How Prayers Work?

The concept of how prayers work is often discussed in the realms of spirituality, religion, and philosophy, and explanations can vary depending on one's belief system. Let's explore two perspectives on this topic—psychology and quantum physics.

Psychology:

From a psychological perspective, the efficacy of prayer can be understood through the lens of positive psychology and the impact of mindfulness and intention. Here are a few points to consider:

1. Mindfulness and Well-Being: Engaging in prayer can be a form of mindfulness or meditation. It provides individuals with a focused and intentional period of reflection, which may contribute to overall well-being and mental health.

2. Placebo Effect: The placebo effect is a psychological phenomenon where individuals experience real improvements in their condition due to their belief in a treatment, even if the treatment has no therapeutic effect. Prayer, for some individuals, may function in a similar way, providing a sense of comfort, hope, or relief.

3. Positive Affirmations: Many prayers involve positive affirmations, expressing gratitude, or seeking guidance.

Such affirmations can influence one's mindset and, in turn, impact behavior and decision-making.

Quantum Physics:

The connection between prayer and quantum physics is more speculative and metaphorical, as the scientific understanding of quantum mechanics does not directly address spiritual or metaphysical concepts. However, some people draw parallels in an attempt to explain the interconnectedness of all things. Here are a few points to consider:

1. Quantum Entanglement: Quantum entanglement is a phenomenon where particles become interconnected and the state of one particle can instantly influence the state of another, regardless of the distance between them. Some draw parallels between this interconnectedness and the idea that prayers might influence the interconnected fabric of the universe.

2. Observer Effect: In quantum physics, the act of observation or measurement can affect the behavior of particles. Metaphorically, one might draw a parallel between the observer effect and the intention or focus involved in prayer, suggesting that the act of praying could have an influence on the observed reality.

It's important to note that while these connections are intriguing to some, they are speculative and not universally accepted within the scientific community. The

study of prayer and its effects often involves a combination of psychology, sociology, and theology, and interpretations can vary widely based on individual beliefs and perspectives.

How Telepathic Connections Work?

The concept of telepathic connections, often associated with telepathy, is a phenomenon where individuals purportedly communicate thoughts, feelings, or information directly between minds without the use of the traditional five senses or any known physical intermediaries. Believers in telepathy suggest various mechanisms for how telepathic connections might work. It's important to note that, as of my last knowledge update in January 2022, there is no scientific evidence supporting the existence of telepathy.

Here are a few perspectives that some believers offer:

1. Non-Physical Energy or Field: Some propose the idea that thoughts and emotions generate a form of non-physical energy or field that can transcend space. This energy or field is thought to carry information and can be picked up by others who are attuned to it.

2. Quantum Entanglement: In the realm of speculation and metaphor, some individuals draw parallels between telepathy and quantum entanglement, a phenomenon in quantum physics where particles become interconnected. The idea is that minds could be

entangled in a way that allows for the transfer of information.

3. Extrasensory Perception (ESP): Telepathy is often considered a form of extrasensory perception. Some propose that individuals possess a "sixth sense" that enables them to receive and interpret information beyond the known senses.

4. Collective Consciousness: Some theories suggest that there is a collective consciousness or a shared pool of thoughts and information that individuals can tap into. In this view, telepathy would be a means of accessing this shared mental space.

It's essential to approach these perspectives with a critical mindset. While these ideas are intriguing to some, they remain speculative and lack empirical support from rigorous scientific studies. The scientific community generally requires replicable evidence through controlled experiments to establish the validity of a phenomenon.

As of now, telepathy is not recognized as a scientifically proven phenomenon, and the mechanisms proposed by believers are largely speculative and not supported by mainstream scientific understanding.

How to Overcome on Social Anxiety?

Overcoming social anxiety is a gradual process that involves understanding the roots of your anxiety, changing thought patterns, and gradually exposing yourself to social situations. Here are some strategies that may help:

1. Understand Your Anxiety:

- **Self-awareness:** Identify and acknowledge your social anxiety. Understand the specific situations or triggers that cause discomfort.

- **Challenge Negative Thoughts:** Pay attention to negative thoughts and challenge them. Ask yourself if your fears are realistic or if they are based on irrational assumptions.

2. Take Small Steps:

- **Start Small:** Gradually expose yourself to social situations in a controlled way. Begin with less intimidating situations and work your way up to more challenging ones.

- **Set Realistic Goals:** Set achievable and realistic goals for yourself in social situations. Celebrate your successes, no matter how small.

3. Learn and Practice Social Skills:

- Improve Communication Skills: Work on improving your communication skills, such as making eye contact, using positive body language, and practicing active listening.

- Join Social Skills Groups: Consider joining social skills groups or workshops where you can practice and receive feedback in a supportive environment.

4. Shift Focus Outward:

- Focus on Others: Instead of being overly self-conscious, shift your focus to the people around you. Practice active listening and show genuine interest in others, which can take the focus off yourself.

5. Challenge Avoidance:

- Gradual Exposure: Gradually face the situations that trigger your social anxiety. Avoidance tends to reinforce anxiety, so facing your fears in a controlled manner is crucial.

- Keep a Journal: Keep a journal to track your progress and reflect on your experiences. Note the situations that were challenging and how you coped with them.

6. Mindfulness and Relaxation Techniques:

- **Deep Breathing:** Practice deep breathing exercises to help calm your nervous system in stressful situations.

- **Mindfulness Meditation:** Engage in mindfulness meditation to stay present in the moment and reduce anticipatory anxiety.

7. Seek Professional Help:

- **Therapy:** Cognitive-behavioral therapy (CBT) has been shown to be effective in treating social anxiety. A therapist can help you identify and change negative thought patterns and behaviors.

- **Medication:** In some cases, medication may be prescribed to help manage symptoms. Consult with a mental health professional to discuss the potential benefits and risks.

8. Build a Support System:

- **Talk to Friends or Family:** Share your experiences with friends or family members who can provide support and encouragement.

- **Join Support Groups:** Consider joining support groups where you can connect with others who are facing similar challenges.

Remember, overcoming social anxiety is a gradual process, and it's okay to progress at your own pace. If social anxiety significantly interferes with your daily life, consider seeking support from a mental health professional who can provide personalized guidance and strategies.

How to Grow Writing Skills?

Even if you don't particularly enjoy writing, improving your writing skills can be a valuable and practical endeavor. Here are some tips to help you grow your writing skills, even if you don't have a natural passion for it:

1. Identify Purpose and Motivation:

- Clarify why you want to improve your writing skills. Whether it's for academic purposes, work requirements, or personal development, having a clear purpose can motivate you.

2. Start with Short Writing Exercises:

- Begin with short writing exercises. Set a timer for 10-15 minutes and write on a specific topic or prompt. This helps build the habit of writing regularly.

3. Read Regularly:

- Reading exposes you to different writing styles, vocabulary, and structures. Pay attention to how authors

convey their ideas and try to incorporate elements you find effective into your own writing.

4. Expand Your Vocabulary:

- A rich vocabulary enhances your writing. Make a habit of learning and using new words. Thesauruses and vocabulary-building apps can be helpful.

5. Edit and Revise:

- Writing is often rewriting. After completing a draft, take time to edit and revise. This process allows you to refine your ideas, improve clarity, and correct errors.

6. Seek Feedback:

- Share your writing with others and seek constructive feedback. This can provide valuable insights into areas for improvement that you may not have noticed.

7. Set Realistic Goals:

- Set achievable writing goals. Whether it's a certain number of words per day or completing a short article, establishing realistic objectives keeps you focused and motivated.

8. Experiment with Different Genres:

- Explore different writing genres, such as fiction, non-fiction, poetry, or blogging. Trying out various styles can help you discover what you enjoy and where your strengths lie.

9. Use Writing Prompts:

- Writing prompts can spark creativity and help you overcome writer's block. Many websites and books offer prompts that can serve as a starting point for your writing.

10. Take Writing Courses or Workshops:

- Consider enrolling in writing courses or workshops. Many online platforms offer courses on various aspects of writing, providing structured learning and opportunities for feedback.

11. Develop an Outline:

- Before diving into writing, create an outline. An organized structure can make the writing process smoother and help you convey your ideas more effectively.

12. Celebrate Achievements:

- Acknowledge and celebrate your progress. Whether it's completing a writing goal or receiving positive feedback, recognizing your achievements can boost your confidence and motivation.

Remember that writing is a skill that can be developed over time. Consistency and practice are key, and finding aspects of writing that you enjoy can make the process more engaging. As you see improvement, you might find your attitude toward writing evolving as well.

Universal Laws And How To Use Them?

The concept of "universal laws" often refers to fundamental principles or rules that are believed to govern the functioning of the universe. Different philosophical, spiritual, and metaphysical traditions have their own interpretations of these laws. While perspectives may vary, some commonly mentioned universal laws include:

1. Law of Attraction:

- This law suggests that like attracts like. Positive thoughts and intentions are believed to attract positive experiences, while negative thoughts may attract negative experiences. To use this law, focus on maintaining positive thoughts and emotions.

2. Law of Cause and Effect:

- Also known as the law of karma, this principle suggests that every action has consequences. To use this law positively, be mindful of your actions and consider the potential effects on yourself and others.

3. Law of Vibration:

- This law posits that everything in the universe is in constant motion and vibrates at a certain frequency. Aligning your thoughts and emotions with higher frequencies is believed to attract positive experiences.

4. Law of Correspondence:

- As above, so below. This law suggests that there is a correspondence between the patterns of the universe and those of human behavior. To use this law, seek to understand and align your actions with broader universal principles.

5. Law of Divine Oneness:

- This law suggests that everything and everyone is interconnected and part of a greater whole. To use this law positively, cultivate a sense of unity, empathy, and compassion.

While these laws are not scientifically proven, some people find value in using them as guiding principles for personal development and understanding. Here are ways you might explore or "use" these concepts:

1. Mindfulness and Self-Reflection:

- Regularly reflect on your thoughts, actions, and emotions. Consider how they align with these universal laws and whether adjustments are needed.

2. Set Positive Intentions:

- Intentionally set positive intentions for your actions and endeavors. Focus on what you want to attract rather than what you want to avoid.

3. Practice Gratitude:

- The law of attraction often emphasizes the power of gratitude. Regularly express gratitude for the positive aspects of your life to cultivate a positive mindset.

4. Learn and Apply:

- Study these principles and explore how they resonate with your beliefs and experiences. Experiment with applying them in your life to see if they positively influence your mindset and actions.

5. Personal Development Practices:

- Engage in practices such as meditation, visualization, or affirmations to align your thoughts and emotions with positive energy and frequencies.

6. Seek Harmony and Balance:

- Strive for balance in your life. Consider the interconnectedness of different aspects, and seek harmony in your relationships, work, and personal well-being.

It's important to note that while these concepts may provide inspiration and guidance for personal growth, they are not universally accepted or scientifically proven principles. Individuals may find value in these ideas to varying degrees based on their beliefs and experiences.

Predicting the Future

Predicting the future with certainty is not possible, and the idea of doing so raises complex philosophical, scientific, and ethical questions. However, people often make predictions or forecasts based on various methods. Here are a few approaches that people use:

1. Scientific Modeling and Analysis:

- In certain fields, scientists use models and simulations to make predictions about future events. For example, in meteorology, scientists use weather models to predict future weather patterns. In economics, analysts use various models to forecast economic trends.

2. Data Analysis and Trends:

- Analysts and researchers often examine historical data to identify trends and patterns that may suggest potential future outcomes. This approach is commonly used in fields such as finance, marketing, and demographics.

3. Probability and Statistics:

- Predictions are often made based on probabilities and statistical analysis. By assessing the likelihood of different outcomes, individuals and organizations can make informed decisions about the future.

4. Futurology and Trend Analysis:

- Futurologists study trends and technological advancements to make educated guesses about possible future scenarios. While this approach is speculative, it can provide insights into potential developments.

5. Astrology and Divination:

- Some people turn to astrologers, tarot card readers, or other forms of divination for predictions about the future. These practices are often rooted in cultural or spiritual beliefs and are not scientifically validated.

6. Machine Learning and Artificial Intelligence:

- Advanced technologies, such as machine learning algorithms, are increasingly being used to analyze vast amounts of data and make predictions in various fields, including finance, healthcare, and marketing.

7. Expert Opinions and Delphi Method:

- The Delphi method involves gathering expert opinions on a particular topic and using iterative rounds of feedback to reach a consensus. This approach is used in various fields to forecast future developments.

It's important to approach predictions with a degree of skepticism and an understanding of the limitations inherent in forecasting. The future is influenced by numerous variables, and unexpected events can significantly alter anticipated outcomes.

Ethical considerations are also crucial when making predictions, especially when the predictions concern people's lives, well-being, or significant societal events. Responsible prediction-making involves transparency, humility, and recognition of uncertainties.

Remember that no method guarantees accurate predictions, and the future remains inherently uncertain. It's often more constructive to focus on preparing for various possibilities, adapting to change, and making informed decisions based on the available information.

What isn't love?

1. **Love isn't staying up till 3 am in the night to talk to each other every third day.**

a. That's not Love, it's immaturity.

2. **Love isn't sacrificing your goals for someone.**

a. Instead, you help each other achieve your goals.

3. **Love isn't chasing them after they leave you and saying that "Please I love you, don't leave me".**

a. That's not love, that's just you being needy on the inside for someone who doesn't care about you, because if it was love, they would have stayed and figured things out with you.

4. **Love isn't about how perfect a relationship you have or how perfect a partner you have.**

a. It's about how you accept each other's imperfections and are willing to put in consistent efforts. Because in the end what matters is how the both of you go through your tough times and make the best out of your beautiful relationship.

5. **Love isn't constantly trying to make sure of the fact that your partner might cheat on you because you are scared to lose them.**

a. That's just a lack of trust on your side because of some experience that you might have. It's not wrong to feel this way but it will lead to unnecessary drama. Trust is the underlying foundation of a relationship so you should work on that first.

6. **Love isn't depending on your partner for everything.**

a. It's about also having a life of your own. Relationship is a part of your life. Not your life. You should have your own life, goals, and friends as well.

Some Psychological Facts That People Don't Know?

1. Haters don't really hate you , in fact they hate themselves because you are a reflection of what they wish to be.
2. Make sure to listen carefully to how a person speaks about other people to you. This is how they speak about you to other people.
3. We only need two close friends in which we can trust . Having too many friends linked to depression and stress.
4. Those who don't socialize much ain't actually anti — social , they just have no tolerance for drama and fake people.
5. Stop telling your problems to others, 20% don't care & the other 80% are glad you have them.
6. Eating chocolate while studying helps the brain to retain new information and it is linked to higher test scores.
7. Being nice to someone you dislike doesn't mean that you are fake , it generally means you are matured enough to tolerate that individual.

8. The reason why it's hard to get someone out of your mind is because they are thinking about you as well.
9. People who understand sarcasm well are often good at reading people minds.
10. If your mind wanders often , there's 85% chance , that you are subconsciously unhappy with your life.
11. The way parents talk to their children's become their inner voice.
12. Writing your negative thoughts and tossing them in trash can improve your mood. (I tried it and it really works:)
13. Meditation can change the brain structure in just 8 weeks . It also increases grey matter in parts of the brain associated with learning.

Some Psychological Facts That People Don't Know?

1. Trying noticing people's eye color while smiling at them when you first meet with them. They will respond to it!

2. The positioning of people's feet will give away their interest in talking to you. So, if you approach two people who are already conversing, and they only turn their torsos in your direction and not their feet, they don't want you to join in! Similarly, if you are talking to someone and their torso is facing you but their feet are

facing another direction, they aren't keen to listen to what you have to say.

3. Foot-in-the-door phenomenon says people are likely to agree to your smaller requests before you ask them for a big favor!

4. If you ask people for an unreasonable task, they will reject. So, you ask them for a reasonable task first because they will agree to it!

5. If you are asked to do a small favor by someone, psychology says cognitive dissonance will make you believe it is out of their fondness for you.

6. You know how to make someone continue talking after you have asked a question? Just stay silent and maintain eye contact.

7. Chewing gum makes you less vulnerable to a stressful or dangerous situation! It is your way of tricking your brain into perceiving a dangerous situation as otherwise.

8. Tired of the sidewalk shuffle? Avoid it by carefully looking over the person's shoulder or between people's head in a group. It will give away your direction and people will move in the opposite direction, giving you space.

9. One of the best remedies to ensure you understand what new you have learned is to teach a friend whatever you have studied. If you can answer their questions, it means you understand.

10. People remember how you make them feel better than them remembering what you said.

11. You don't have to be nervous before a meeting or an interview. You can alter your psychological state by telling yourself that you are meeting with an old friend. Visualize the experience of shaking hands and imagine the entire situation in your hand. Maintain an open pose and be casual. Trust that you are the in charge of your own psychological state.

12. Your energy and excitement of meeting other people transfers onto them. So, if you get yourself happy, they will feel likewise when they meet you – maybe not at first but eventually, it will happen!

13. Stay calm when people are angry at you. It will make them angrier and eventually feel bad!

14. You become a more desirable person if your hands are warm when you shake someone's hands.

15. Want someone to dislike you? Attack their self-image as everyone defend their view of themselves.

17. You will feel all the confidence embodying you if, as you enter the room, assume everyone likes you already.

Will is Central Key to all Mental Phenomena

The ruling faculty of mind is the ruling power of reality.

Magic is the act of causing change in accordance with will. Will is directed by desire and liberated by belief. You must focus on your desire and you must will yourself to believe in getting it. Even though what you want has already been given, you have to use the will to claim it as yours, so that negative forces cannot take it away from you.

Manifestation works best when you have a strong intent. Instead of only a want, it is more of a must. When you know something must happen, it will. When you want something to happen, it is still not a strong enough intention. "I want to do this." is not as strong as "I must do this now." It a small distinction that makes a big difference. Think to yourself "I can and I will."

Manifestation involves the act of selecting from a pool of probable futures, a particular one to manifest. We cannot avoid our role as chooser-creators any more than we can avoid thinking. Intention is choice. To think about this rather than that, to give attention to this rather than that. The will is the faculty of choice. It is the decisions we make that shape our destiny.

The Whole Game of Life Revealed

In Islamic teachings, the game of life can be understood through the lens of divine sovereignty and the interplay between human choice and divine will. The concept of life as a game where individuals can either align with

divine guidance or stray towards temptation resonates deeply with Islamic theology.

According to Islamic belief, God is the ultimate sovereign Player of the universe, while Satan, or Iblis, represents the opposition seeking to mislead humanity. The Quran describes the initial temptation of humanity in Surah Al-A'raf (7:20), where Satan deceived Adam and Eve into eating from the forbidden tree, promising them that doing so would make them like God: *"Then Satan whispered to them to make apparent to them that which was concealed from them of their nakedness. He said, 'Your Lord did not forbid you this tree except that you become angels or become among the immortal.'"* This deception aimed to make Adam and Eve believe they could attain divine-like status, thus playing into the broader cosmic struggle between good and evil.

In Islam, the notion of being a pawn in a cosmic game is countered by the understanding that while humans are given free will, their ultimate control is limited and subject to divine decree. Surah Al-Hadid (57:22-23) reminds us that *"No disaster strikes except by permission of Allah. And whoever believes in Allah - He will guide his heart. And Allah is Knowing of all things. Obey Allah and His Messenger and do not dispute with one another."* This verse emphasizes that while humans

make choices, these choices occur within the framework of divine will and knowledge.

The Quran also addresses the idea of false solutions presented by Satan. For instance, the temptation to seek metaphysical knowledge or power as a means to achieve divine-like status is recognized as a diversion from true submission to God. Surah Al-Hadid (57:28) speaks of the deception in seeking false enlightenment: *"O you who have believed, fear Allah and believe in His Messenger. He will provide you a double portion of His mercy and make for you a light by which you will walk and forgive you. And Allah is Forgiving and Merciful."* This verse underscores that true enlightenment and salvation come through faith in God and His guidance, not through occult or esoteric knowledge.

The concept of life's ups and downs reflecting the illusion of control is also consistent with Islamic teachings. The Quran acknowledges the trials and tribulations of life, reminding believers that these experiences are part of divine wisdom. Surah Al-Baqarah (2:286) states, *"Allah does not burden a soul beyond that it can bear."* This indicates that while humans may feel they have control or lack thereof, everything unfolds according to God's plan and wisdom.

Islamic teachings provide a clear distinction between genuine solutions and counterfeit ones. The true solution to navigating the game of life is surrendering to God's will, as reflected in the teachings of Islam. The Prophet Muhammad (PBUH) emphasized the importance of this submission, stating in a hadith reported by Al-Bukhari: *"The religion is very easy and whoever overburdens himself in his religion will not be able to continue in that way."* This advice highlights that true peace and fulfillment come from aligning oneself with God's guidance rather than seeking to control one's destiny through personal means or false doctrines.

The concept of divine guidance and support is further exemplified in the belief in the Mahdi and the role of Jesus (AS) in Islamic eschatology. The belief in the Mahdi, who is expected to come as a just leader, and the second coming of Jesus (AS) aligns with the idea that divine solutions are provided through true prophetic guidance and not through esoteric or occult practices. The Quran says in Surah Al-Ma'idah (5:110): *"The Day when Allah will say, 'O Jesus, Son of Mary, remember My favor upon you and upon your mother when I supported you with the Pure Spirit and taught you writing and wisdom and the Torah and the Gospel and when you designed from clay [what was] like the form of a bird with my permission, then you breathed into it, and it became a bird with my permission, and you healed the blind and the leper with my permission, and when you brought

forth the dead with my permission, and when I restrained the Children of Israel from [killing] you when you came to them with clear proofs and those who disbelieved among them said, 'This is not but obvious magic.'"*

Ultimately, the true game of life, from an Islamic perspective, is about recognizing that human control is limited and that ultimate sovereignty rests with God. The believer's role is to choose to align with divine guidance and surrender to God's will. This acceptance of divine control and submission to God's plan leads to genuine peace and fulfillment, contrasting with the illusions and deceptions presented by Satan and his false promises.

Manifest States of Being Instead of Things

"Instead of thinking about how to manifest things, think about how to manifest states of being or emotions deliberately. Think about how to manifest the state of being prosperous. Think about the emotions associated with prosperity. Think about how to generate the emotion of feeling free. Think about generating the emotion of feeling unlimited. Feeling of possibilities. Do not focus on problems and feel the emotion of lack. Focus on what's working out and feel more of that. Focus on expansion and growth and feel more of that. Focus

on sudden increase and windfalls and feel more of that. But do not focus on the uncertainty of where more of that is going to come and feel the emotion of lack. Have a conservative baseline and be grateful and focus on the feeling of having more than enough. The more you focus on possibility, the more possibility increases in degree and quantity. The more you focus on impossibility, the more impossibility increases in degree and quantify. Manifestation is all about the inner game and inner work and everything else proceeding from that. Instead of focusing on the momentum slowing down and feeling a sense of gradual decrease, focus on the uncondition of it and deliberately generate the feeling that you want to feel. You might think that as things become worse and worse, you feel worse and worse. But the truth is things become worse and worse as you feel worse and worse. The emotion generates the circumstances and not the other way around. Your state of confusion generates more confusion. Think about how to manifest states of being and emotions, and think about how to generate them on a consistent, chronic basis. This is the whole secret."

- Enoch Mind Reality

"Your conscious awareness of the law of attraction and your consciousness of your ability to focus, that puts you in the drivers seat. Rather than going for the occasional big thing, when you like the chronic good thing, the chronic comfortable thing, and from our perspective what we see you enjoying the most is conscious acknowledgment of your goodness and your power. You're supposed to feel supported by the energy that

creates worlds, adored by the nonphysical consciousness that is aware of you, and empowered by the opportunity to express it in the way you want to here and now. Your conscious awareness of the law of attraction and your conscious awareness of your ability to focus, that puts you in the driver's seat. Not to create anything you want in terms of things, but to create any state of being that you want to create. And more important to create any state of being that you want to create consistently. Consistently, chronically. We want your life to not just be these moments these weeks that are carved out that are extra good. We want your life to be day by day, conversation by conversation, it's thought by thought, experience by experience, we want you to never come down from this high of knowing who you are, and feeling your worthiness and your power."

Manifestations that Happen Without Any Action

"Manifestations can happen when we least expect them. I have experienced this kind of spontaneous manifestation for myself countless times, so my personal experience certainly validates the view espoused by the great spiritual teachers. One of my favorite examples of this kind of manifestation is receiving an unexpected check in the mail; something which I did not have to physically "work" for. Such checks in the mail are regular occurrences for me now. Another of my favorites is rescheduling or canceling an appointment without

having to pick up the phone to inform the other party or discuss our availability. Instead, the other party reschedules the appointment to fit my schedule instead, without any active intervention on my part! Dr. David Hawkins writes of how his desired meal was brought to him at a restaurant, simply by holding a pure intention for what he wanted to eat and without having to physically order the meal from the waiter. Talk about a divine intervention! These occurrences are possible in our everyday lives once we are willing to broaden our beliefs about what is possible."

- Richard Dotts (Manifestation Pathways)

Woman Cured of Cancer through Law of Attraction

Question: "Last June I was told that I had lung cancer, which necessitated surgery. I asked for time and what I planned to do with that time was to listen to a lot of Abraham tapes. I did a lot of visualization. I did a number of things. But at the end of two months I went back and the lung cancer was gone."

Of course, it is only present by your attention to lack. And sometimes that lack causes you to identify what is wanted, and as soon as you turn your attention to that and vibrate with it, it must be. Can be no other way. Would defy law for it to be any other way.

Question "Then what has been happening recently is people are so excited for me and about this whole

situation that this is something that we can conquer. And so they call me and they're delighted and I have to answer in this husky voice because I'm sick again. What am I doing?"

Let us tell you why. As you're surrounded by those in the vibration of conquering the illness, you've been swept up again in the influence of pushing against what is not wanted, rather than relaxing into what is wanted. It is really as simple as that. You've heard another teacher say resist not evil. And what he was saying is relax into what you consider to be goodness rather than resisting evil. So we say resist not illness, relax into wellness. So the word conquer is an indicator, in other words you're not trying to conquer wellness. When you use a word like conquer, you're pushing against something you do not want.

Aura Cleansing and Healing

As we accumulate unwanted energies in daily life, regular aura cleansing supports health and well-being. Like psychic dust bunnies, we go around collecting debris on our aura, until we finally do something to cleanse it…

It is the same with personal hygiene. If you do not bathe, your body will become dirtier and dirtier. Gradually the smell becomes unbearable. Eventually, your body even becomes a breeding ground for disease and bacteria. If you do not cleanse your aura, your spiritual energy system will also become 'dirtier and dirtier'. Eventually you become unpleasant for others to be around (though

they may not consciously understand why). Your energy system then begins to attract lower vibrations which are also unhealthy for you and others. And for those around you after an aura healing will believe it to be an aura cleansing spell, getting to enjoy your lightness again.

In modern culture, we expect people to take care of their personal hygiene by bathing regularly, if not daily. But we are not yet so spiritually evolved!

Cleansing your Aura

Just like washing your hands cleans one part of your body and washing your face takes care of another… different approaches to aura cleansing will support you in clearing different aspects of your energy system. Some aura clearing approaches are more lightweight–in terms of personal hygiene–like changing your clothes, or putting on deodorant. They are still useful, but they can't replace bathing! Other methods of aura cleansing go much deeper–equivalent to having a good scrub-down, or going for a detoxifying spa treatment. Options for Cleansing…

Bathing with Epsom Salts

Water helps wash away dirt, both physically and energetically. Adding Epsom Salts to your bath stimulates the flow of your own energy and also draws minor psychic debris out of your aura.

Swimming

Submerging yourself in water helps cleanse your aura. As ocean water contains salt and minerals, it is especially useful for drawing minor psychic debris out of your aura.

Sunlight

Gentle exposure to sunlight stimulates the flow of your own energy. Some lower vibrations cannot exist with exposure to bright light.

FOUR MOST POWERFUL APPROACHES TO AURA CLEANSING…

1. Aura Meditation

Even basic meditation helps you relax and release. Aura meditation works directly with releasing unwanted energies through grounding, clearing your aura, energy channels and chakras. One of the most powerful ways to cleanse and care for your aura is energy-based aura meditation.

2. Aura Healings

In an aura healing, the healer supports you in cleansing unwanted energies out of your system. The healer assists you in grounding out psychic debris, releasing blocks and helps you get your own energy flowing. Find out more about Aura Healing.

3. Aura Readings

Often we confuse other people's energy with our own energy. When we mistake foreign energy for our own, we do not want to release it. We hold on to it because we think it is us! In a clairvoyant aura reading, a reader can help you identify your own energy and discern foreign energy. When you recognize an energy is not you, it is much easier to release.

4. Feeling your Emotions

When your emotional energy is blocked, it creates congestion and back-up throughout your spiritual energy system. This makes it easy to get stuck with unwanted energies. Allowing yourself to feel hidden emotions creates a release of energy. This movement and flow supports you in cleansing psychic debris.

Other Options for Aura Cleansing…

Wind

Standing with an open body posture in a strong wind supports you in releasing unwanted energies. As sea breezes contain moisture, salt and minerals, ocean winds are especially beneficial for aura cleansing.

Gardening or Being in Nature

Through gardening and being in Nature, you come in direct contact with the earth. This helps you get grounded and release unwanted energies out of your system.

Creativity

Creating something you're enthusiastic about gives you a 'creative high'. These surges of creative energy stimulate the flow of your own energy and support you in releasing blocks and unwanted energies.

The Trap System: Why You are Imprisoned in Physical Body

The Trap System – Secrets Never Before Revealed: Why You are Imprisoned in Physical Body, Reptilians, Higher Soul, Creation of Our Existence (Edward Alexander)

INFORMATION HERE NEVER BEFORE PUBLISHED IN ANY WAY BY ANYONE TO MY KNOWLEDGE. THIS IS INSIDER INFORMATION FROM MY OWN PERSONAL EXPERIENCE AND INVOLVEMENT WITH GOVERNMENTS, SECRET ORDERS AND SOCIETIES, SPIRITUAL DEVELOPMENT ETC:

Here is a general introduction and overview over The Trap System.

The Trap System is a spiritual-technological construct, for lack of better terms, that serves the purpose of keeping people trapped in their physical bodies on Earth, even through many different incarnations.

In fact, the whole purpose of reincarnation is to stay trapped and not be able to experience once True Self. New Agers are completely misunderstanding this concept, as they mostly believe the Reincarnation part of the Trap System to be something "necessary" for a person's spiritual development, and they also see the Prison World we live in as a "School".

However, as logic itself clearly show here, if it was intended for development, schooling, and learning, there are some major flaws in how it works. Consider the fact that between each incarnation you are put into amnesia, forgetting everything you ever learned and everything about your past lives and experiences.

This alone should prove rather clearly that indeed Reincarnation can NOT serve such a believed purpose, as

it would be completely opposite of letting a person develop in any way, rather a person is stripped away from everything he ever learned and even his own conception of self and his consciousness, and basically "reset" at each time of birth of a new incarnation. This is to make sure the person indeed will stay trapped, lose any higher knowledge obtained in previous lives, and to make sure he cannot develop properly to Self-Understanding or Experience of his Higher Soul and True Being.

This also makes sure that he will remain here, in lower planes of the astral, ignorant and blinded, not least mind controlled and brainwashed.

Now of course, some will ask "Who created the trap system" and "for what purpose"?

The answer to that is that other, higher astral being to call them that, decided that it would be useful to keep mankind trapped here to serve as their slaves and food source. Slavery through always having to work their lives for the Ones in Power, whom are part of those in control of the Trap System. Food source through being basically drained from their own energy, as these entities feed on the etheric energies within a Human Body that has a Soul occupying it. These entities, whom can be called astral entities, or as many term them "Reptilians", are working in both the astral planes and physical world. They have their representatives here whom have infiltrated the physical world and leading most of the world through their influence within higher levels of society such as Governments, Religious intitutions, Media and various Corporations and so on.

The Human Body itself is manufactured, to be very limited, and not be able to generally access or experience its soul to any significant degree. However, a Soul Fragment must be in place in any Human Body for that body to live, be conscious, and function as the mentioned Food Source due to the etheric energies that will only be in place in Human Bodies having a Soul (or Soul Fragment which really is the more proper term).

The mentioned entities, whom keep us trapped here, feed on the etheric body energy, the mind of the subject, the thoughts and emotions, and in specific they prefer to feed on "negative energies". Because of that, these entities make sure a lot of negative events take place in the world, to increase the negative energies within the Human Global Consciousness. This is done in form of various wars, terrorism, deaths, disasters, anything that bring for great fear, anxiousness, paranoia, sadness and other negative states of mind.

In addition, these entities can influence the minds of people through different means, to create specific thought patterns, behaviors and emotions in those people. This influence is done from astral telepathical connections with victims, to various technology that alters the person's state of mind.

They are doing their best to keep this uttermost secret, which is why you will hardly find any information on this in any previous publications of information. Very few have discovered this part of Human Existence, and the few of us whom have are ourselves from what can be called other realms of existence, or astral planes, where we have seen it all from an outside existence, and chosen

to incarnate here to let people know of this and other truths regarding Existence. We have done so on great risk, which is why we are few, as we too can be trapped into the complex construction of the Trap System – such as losing our own knowledge, past life experiences, insights, and spiritual connections with our Higher Souls.

There are many Gods, higher and lower. Let me give you an explanation on the Origins and the various Gods and Entities:

In the beginning existed only the one Mind, the first Cause of all other existence – it created within itself the first energies of what we can call this "other existence", including other Creators with abilities to Manifest and design Dimensions and Life spawned from their own Minds. These Creators also brought forth other various sub-creators, whom in their turn also took part of Creation and various Levels of Existence.

This divided down all the way to this Physical Existence. Thus, there are many "Gods", of different ranks, and many of these have been worshipped by different people and cultures both here on Earth and elsewhere in the Universe. Because different Creators with different polarities and functions were set out different types of Energies manifested within different types of Creations, and the One was split up into different fragments, such as "negative" and "positive", thus "Good" and "Evil", and since Creation has gone through countless levels of manifestations of different Life, this has also brought forth Beings whom are of different nature than other Beings, because of having different origins of the first polarities.

This has lead to some Beings being termed here as the Good Ones, and some of these as the Evil Ones – this goes on at many levels, between the Gods themselves, and all the way down here between People. Some believe themselves to be the True God because of having forgotten, or not truly realized, their true origins – same as with People in the physical World – forgotten themselves and believing they are something they are not, and in addition often being fooled by some of these other Beings into believing certain things regarding Reality that not necessarily is true, seen from a longer perspective.

In essence, all Life is One, simply due to Everything existing within the One Mind, the First Cause, and all and everything is connected to each other, and all life have potential equal to that of their creators, meaning that even Man himself can become Creators – or what is called Gods, and manifest their own Worlds and Realities. It is a complex topic, and it is a lot of confusion between Mankind and other Beings on this, having caused many problems for many Lifeforms.

It is the programming of the Mind that keep you in the physical body, yet this also is true for the astral body, as the astral body is not the Soul or your True Self any more than your physical body. Though, nevertheless, you are still spiritual beings trapped currently in physical bodies because of this Programming of the Mind.

With what I say, there will always be someone who agrees and some who don't, it is impossible to speak in a way that all will accept and understand simply because of the difference between peoples' level of self-

realization and personal beliefs and so on. For me it doesn't matter if you dislike what I say, or the way I say it, you are entitled to feel or believe anything you want in regards of me and my claims.

Good and evil exists all over the physical realm, I do not mean that is simply something that exist here on Earth or in the Human race. In fact, it does exist on many levels, what I am referring to is higher spiritual planes of existence where it cannot exist due to the specific vibrational levels, or frequencies if you want, that these planes exist within.

The most important thing you can ever study is Yourself, and the best person to ever listen to is You, and more people should spend more time on both those things.

You can listen to me and make what you want of what I say, but truly listen to yourself instead of anyone else to find the real answers.

Good and evil is an illusion of the lower astral realms, as the whole physical world and lower realms are illusions as well created around us to keep us here. Yet, you can say they are real, as they do exist even though in their illusional form. In a sense the same way as a fantasy, where you make up something in your mind that do not exist, yet at the same time it does exist since you just made it up and got it in your mind, in the form of said fantasy.

Here, we are part of someone else fantasy however. We all also contribute to it ourselves and take part of creating it.

These “others” are those whom are controlling you through your programming and the illusions you live within, even though these themselves also are living in the illusions and do not know their own true being. Some of them are the ones you refer to as the “Elite” constantly here, and some of them are the ones working with the “Elite” from other planes of existence, yet within the same Illusion.

They are abusing the system that was created to control you by the “God” I previously mentioned, the original Creator left but the System was still in place and kept you here and made you easy to abuse, manipulate and control, and thus these entities took the chance when they discovered this.

You are responsible for accepting a belief. You did a mistake – we all did – from getting lured, but there is a way out of the net that was cast upon you willingly, and eventually everyone will be free.

The so called enlightened beings can explain what is happening simply because they can observe the Good and Evil from their own point of view, such as from visiting these lower realms. So that means they too can be exposed to it, when being down here, yet it is non existing in their own higher realm, though that do not mean they have no knowledge about it – as I explained, it exist yet still does not, as the metaphor I used in my example with Fantasy.

Spirit guides, angels, ascended masters etc. are more often than not within the trap system themselves and thus also “prisoners” without knowing it, believing

themselves to be higher and free. But as long they are Individuals, they are not true Selves, as only Oneness is True Self. Such beings are only to be found within the lower astral planes, however, some of them do know of the higher truths and can help guide people towards True Self, as they may have chosen their role as such a being to assist people in the right direction instead of the false direction after death.

Regarding your imprisonment in a physical body, I'm talking about matters that took place in the very distant past before your first physical incarnation. It was at this moment you let yourself into the physical bodies being lured and blindly believing what you were told by the God of those times, who wanted his Human Bodies who inhabit a Human Soul essence, for them to work properly, and with a complex level of programming and systems implemented, so that these who fell for the trick got trapped, yet still some managed to escape as they could see what was coming and did not get tricked like the majority and thus they managed to escape and enter other realms, some of you know these original peoples, interdimensional ones at they were then and not physical as now, as the Atlanteans. And now you are learning from this mistake and slowly realizing it and on your way to let the clouds clear and let the light in from your True Origins and the Source of All

The first Manipulator was the God I'm speaking of, but as he left after some time and he was satisfied with the work he had done and used the humans for, other entities eventually came upon you and discovered how you were programmed and blind and easy to manipulate

and take advantage of, so they did. The rulers have changed from time to time, but the rulers of top level are those of a more negative, power-hungry and sinister type. Their agenda is to gain more power and control, by having people working for them mostly without even knowing it, or worshipping them as their Gods and so on which further empowers them, as the energy you give out you get back.

Here on earth they mostly use the religious and spiritual institution and banking and money for their models put in place for control and power. Their God in a sense is Money, which they have created, and made you worship as well. With the religions you are mostly worshipping them and that Old God as well, as that's what these were intended for. They also run the larger industries, governments and such, to keep their control in place and feed the people with more suggestions and lies that they are open to believe.

As I have previously explained, I disagree that we were physically incarnated here to "learn" anything at all. We could learn very well without these physical bodies, as the astral realms of the lower levels are so close one can hardly tell the difference – some can't. So there is no need for a physical body for other purpose than being limited, and not unlimited or to obtain new knowledge, especially considering the fact that reincarnation would make that a complete and utter failure as people do not even remember their very last life before the present. So, nothing learned, memories all gone, back to scratch.

Learning comes from Higher Consciousness and is independent on Physical conditions. We are all eternal

beings with limitless knowledge and power already, free to explore the endless areas of existence, if only we learn to separate and be free from these bloody stumps we are so trapped within.

The only lesson to really learn here, is that we are failing to find ourselves, and that true knowledge comes from much deeper aspects of our Being than wandering around in blindness on Earth.

They are smart, and they are on "both sides", and they use all means they can do further program you and manipulate you from spiritual means, to education, news & media, foods and the mind altering substances they put in them, vaccinations and health institutions and medicine and the pharmaceutical industry, through technological means such as sound frequencies, radiations, water systems, anything they can alter and pollute with their methods and products to make your mind dull, filled with apathy, more open for suggestion, and trustworthy of your media, leaders and so on.

I applauds those of you whom not blindly believing anything, in fact I highly praise people who follow their own intuition and highly encourage people to not listen to what I say as being facts, but look some up yourself and listen to your inner guide, though perhaps take some of the things I say in consideration as it may be useful for certain new insights to come. But this world has its great share of way too gullible people who believe anything they are told, that is also one of the reasons I am here to tell them to not listen to what I say or what anyone else say – the greatest truth you can find you will find from within yourself.

Even the higher entities are also living within the illusions to great extents and even though they are of good and pure intentions, far from all have discovered their True Self, or the Connection with the All. However, once reestablishing your contact with the All, your true Oneness, it all will become clear.
Evil is a lower level reality, indeed, but because of the lower level God wanting to have the Powers and Control as a Real God would.

Thus, from originally kindness, pureness, and even neutrality, sprouted what we can now term as evil, which in turn made a difference between Good and Evil.

The lust grew, and thus, as his power grew, he made sure to take advantage of you in every way he could – and even though he left this programming is still here.

You are NOT here for any "purpose" – you are here because you are TRAPPED, in the ILLUSIONS and PROGRAMMING. The only time you will "ascend" or go "further" is when you realize this and manage to keep your awareness with you at the time of death.

The only thing you will learn here is what deception and lies and illusions are – not because you are "supposed to", but because you have been forces to, partially by your own choice.

Your purpose is higher, your real selves are cleaner, more pure, here you are just a small grain of your own selves, if even that. You barely know even the slightest about yourself and your origins – and the small things you know are mostly lies and deceit, so it leaves you with even less.

Remember, you are on one of the lowest forms of existence, and there are MANY gods and creators above you responsible for the different realms and programming which you reside within.

The GOOD thing is that you can also create and be Gods, as you too have these powers within you because in the end you are all One and part of the Ultimate Source, thus you can control and dictate your own lives if you want to – as long you learn how to.

First part is to realize you are here in a world of lies and deceit put upon you, the next part is to move towards your truer self, even though it takes some time to get to the real core.

What you experience, is no matter how wonderful it seems, part of the lower realms illusions. Of course, you are free to stay there, and if you want to go further and get to know yourself at a deeper level you are free to do so as well

I will not tell "this is right" and "that is wrong" – in fact I will leave that up to you to figure out.

Nevertheless, what many of you have found is that there is "something" beyond your normal waking reality, and something beyond your "dreams" – look further, and you might just get your foot prints over the place and experience a completely new aspect of yourself.

There is no need for me to ask you to believe anything, nor is there any need for me to ask you to disbelief anything, it is your free choice after all – I am just here as someone whom have gone through those choices before

you and thus may be able to help you towards a greater and somewhat easier progress to reach the level of attunement I have reached.

My own purpose here is to serve you, bring you that spark of self-realization that you all have within – so that you can once again be more connected with yourselves, in balance with your being – harmony with Creation.

Personally it is irrelevant for me if you believe me or not, consider what I say or try things I might suggest. I will not gain anything from you doing so, nor will I lose anything from you not doing so. Only you yourselves will.

I am not here to make you believe a single word of what I say – those whom it resonates with will know on their own.

When I say there is a lot of deceit out there, I am sure most of you would agree to that. Am I a deceiver? Well, you figure that out, find yourself.

Do not take what I say for granted, take it into consideration and see what you feel – if you do feel I am lying that is fine for me, if you feel I'm truthful that is fine too.

It is good to be skeptic, look within yourself – you have a combination of tools available with you to help you discover great things, without the need of others – though there are some whom will benefit from some guidance, it might ignite the light inside so it can start burning brighter on its own.

We are here to help you on the way towards yourself and understanding divine laws so you can live in accordance

with them and thus reach higher levels of insights and understanding, as well as improving your own condition in every way.

This is because we have chosen to do so, not because we are forced – some of those working against us, and you, are however often forced. But there are many of those as well whom do what they do because they've chosen that path, for personal gains.

Those whom I am affiliated with are never forced, they cannot be, as it would work against the whole system of free will and thus make us nothing more than those whom try to keep you in the dark away from yourselves.

And when it comes to you, you mostly work against yourselves, not because you want to or chose to do so freely, but because you are forced to without realizing it yourselves. You're prisoners sitting in the cage with the key to the lock in the dark corner without knowing it. We are here to help you reach that key.

Be cautious about what you believe though, do not take anything to be the Truth, not even what I say. Even if it "rings true" with you, that does not make it true, in fact a lot of what seem to be true and make sense to you has been constructed that way for you for the complete opposite purpose of what can be called "truthfulness".

It is also somewhat entertaining that some of you seem to consider your spiritual teachers and those like us, whether we are who we claim or not, to be omnipotent, almost at the level of what you yourself consider to be Gods.

What you call God, and the Creator, do not “come” here or “visit” you to help you out in any way – or to make things hard for you for that matter. There are no “tests” to fulfill or understand created by that which you call God. However, there are other Creators, in fact we are all co-creators, yet there are what you can consider the Creator of the physical world, as well as numerous Creators upwards many levels in the higher planes of existence.

There are also many out there who want you to believe they are your Creator or God, or higher beings such as angels and what you call aliens. In fact, of all communication with any other non-physical beings and consciousness of other planes it is the ones we can term the “negative energies” that is the most frequent.

That is the reason to continuously failed predictions and disinformation coming from your “gurus”, “masters” and “new age channelers” etc. Just like you, most of you, often tend to blindly believe and accept what you are told by “higher authorities” so do these people when it comes to their contacts. This is of course unfortunate, and those among you whom may be in contact with other entities should show extreme caution there as well.

At this level of existence which everyone whom are here in this physical world find themselves the lies and deceit rules, and it is what keep you here, and why you are even here in the first place. There are some exceptions to this of course, some are here to help and guide, and others hare here for deceiving you more and keeping you here.

Very few people existing in this level of existence are in contact with any higher beings or the Source, but there are plenty whom are in contact with lower beings that pretend to be "higher" and give you false ideas of what they are – and what YOU are.

The same goes for your so called after life – in fact most people whom find themselves free from reincarnation after death are located at lower levels of existence very close to this physical world, and in most cases they live their lives there almost identical to what they did here, and the surroundings and landscapes and structures of these realms are very similar to those of this physical one. Here too the deception and lies goes deep.

This can be useful to have in mind both for your remaining time here as well as when you step over to the next experience of existence – if you will just be able to keep yourself aware when doing so and remain conscious.

In essence, if I should put it very simple, Life is simply a preparation for Death – as you call it.

For the "loopholes" you want to get free, I can tell you that the very first thing needed is Self-Realization and Understanding of the Deceptive System you live within. As soon you realize and acknowledge this you are on your way to freedom as you have already taken a step further and seen the Prison Walls surrounding you, the illogical system of Reincarnation is another important thing to be realized – just think about it, Reincarnation serves the purpose of letting people die and live again, as I am sure we can all agree on. What is falsely put forth

in regards of Reincarnation is that it is something to actually be wanted, that it is "natural" and part of our spiritual development. New Agers claim the Earth to be a "school" in where we develop by reincarnation. If that was the case, then obviously you would need to remember your past lives to be able to learn from them and develop. This is not the case, simply because reincarnation is not a way for spiritual development, it is the complete opposite, a way to remove you from your spirituality and your true self, by putting upon you amnesia from life to life so you will not remember who you were, where you came from, what you have done, and so on. Instead, you are forced to start "all over", again and again, century after century. It could rather be called a "devolution of the spirit" than an "evolution of the spirit".

So, realize that, and you will have that in your conscious mind as well as your subconscious mind, indeed in your soul, so that at time of death, what you should do is request yourself to experience your True Form, your Real Spiritual Essence, and immediately fly as far away from Earth as you can in spirit form.

The best way to prepare is to practice spirit travel regularly before death so you will be able to retain awareness and consciousness at the time of death, so that you will not fall into an unconscious dreamy state of being and suffer from reincarnation again, nor suffer from being trapped in lower levels of existence such as the lower astral planes which serves the purpose of keeping you trapped until you once again get reincarnated, you need to venture still further away from

all familiar forms, towards realms of only pure consciousness where no being has any form and no form exist.

Though, a being that is self-aware, can maintain himself in a state of freedom even in lower astral planes, and avoid the cycle of reincarnation, indeed there are people living in astral realms that are wonderful and beautiful in every aspect, and have done so for thousands of years and longer, but still these planes are part of the lower level illusion of existence and not the True Form of Self. It is not even a merging with ones Higher Soul.

One need to merge all ones' soul fragments with ones Higher Soul, the real True Self that exist on a higher plane which is outside of the system that keep people trapped here. Then you are truly free, then you are truly One, and Yourself, ready to explore the real existence and freedom beyond all the deception and lies, and move on towards the Source itself.

You can retain memory of past lives, of the spiritual realms, of your Higher Soul, and so on even here in your physical body. There are meditations and exercises one can perform that puts you in direct contact with your true self so that you will be able to explore and understand yourself and gain great insight on reality and illusions. Many of these exercises can be found on my website under the Topic "Meditations, rituals & self-development".

The famous "light" at death seem to be part of the trap system. There is no need to enter any light to go anywhere. When you die, simply tell yourself you want to

experience your true spiritual essence, your real higher self. Tell yourself you want to merge with the Source, or experience the true God above all Gods. The loved ones are always with you as they are all part of you and All, so yes you can always reunion with them for a while on lower astral planes where you still find yourself experiencing individuality.

So here you have been presented with some general information on the complex Trap System and its implications.

- Written by Edward Alexander

Why I Don't Believe In Drug-Induced Enlightenment

A few weeks ago an online friend from abroad chatted with me about mysteries in ancient Greece, Eleusinian mysteries in particular. He wanted to make a pilgrimage to ancient ruins, etc to feel the vibes for himself, to experience firsthand everything he's been reading about mysticism in Greece.
I'm afraid I've gravely disappointed him.

You see, he believed that ancient Greek mysts relied in hallucinogenic substances to come to a state of ecstatic euphoria and thus access inner states of enlightenment.

I told him what I believed about it and he was probably not too-happy about it or even thought I'm too ignorant to grasp his ideas.

Having studied the subject both because of personal interest and in my field of studies, I thought I might state my two cents .

True, Greeks knew about hallucinogens and drugs. The most powerful oracle of the ancient world, The Oracle of Delphi, relied on a priestess called Pythia chewing laurel leaves and breathing an aromatic mixture of drugs. Some species of the laurel are mildly poisonous in small amounts–lethal in larger dosages–and when made into a decoction (boiled) of honey-wine, it has been know to produce prophetic hallucinations at the places of oracle. It seems plausible that there was a crevice in the rock that emitted in ancient times light hydrocarbon gases from bituminous limestone which do have an intoxicating effect. However, evidence suggests that these women's ecstatic state and gibberish-like utterances were interpreted -and probably manipulated and twisted according to their will- by male priests who were powerful figures, subject to bribery, political influences etc. So nope, the whole oracle thing was nothing but a well-orchestrated act manipulated by powerful, clever men, who used the drug-induced state of peasant or slave women-priestesses to produce a plausible excuse for their schemings.

And what about the powerful Eleusinian mysteries , the most well-kept mystery of the ancient world?

Of course they existed.

The rites, ceremonies, and beliefs were kept secret and consistently preserved from antiquity. The initiated

believed that they would have a reward in the afterlife, in other words, become enlightened and achieve paradise.

Since the Mysteries involved visions and conjuring of an afterlife, some scholars believe that the power and longevity of the Eleusinian Mysteries came from psychedelic agents, but without EVER having found any scientific evidence suggesting this. Hence my online friend was deceived into buying ito the same misconception.
This kind of thought, the psychedelic drug-induced enlightenment, is so NON-Greek in its origin and so alien to the greek way of thinking that only an ignorant of greek way of thought or one having superficial knowledge of greek mysticism and cosmos theory.

To begin with, by law, the initiation in the mysteries was forbidden to individuals or politicians corrupt by money or bribed, traitors or deserters, people refusing to fulfil their political duties and slaves. Other than that, all other people, men and women, were allowed to participate, be tried and tasted in the 7 stages of initiation and achieve eternal life after death.

Why?

Why was enlightenment forbidden to individuals or politicians corrupt by money or bribed, traitors or deserters, individuals refusing to fulfil their political duties and slaves? What does enlightenment have to do with that.

Think for a moment, what is the common thing that the above rejected people had in common, the corrupt by

money, the traitors, the deserters, the indifferent to politics and the slaves?

They shared one thing in common:

THEY WERE NO LONGER FREE IN BODY OR MIND…..

The corrupt had chosen to worship money instead of personal integrity and so were slaves to money, the traitors and deserters were slaves to fear for their own lives rather than honoring their personal values, the indifferent ones were slaves to their egotism instead of caring for common good and, of course, slaves were slaves, having someone else dictate their entire life for them (to a true Greek it was better to die than be a slave, that is why they frequently chose to fight to death rather than be enslaved and lose the ultimate gift of freedom).

So this is the common thing here:

ANCIENT GREEKS BELIEVED THAT NO ENLIGHTENMENT HERE OR IN AFTERLIFE CAN EVER EXIST WITHOUT PERSONAL, DIVINE FREEDOM OF BODY AND SOUL.

NO FREEDOM, NO ENLIGHTENMENT, no paradise.

They believed that ANY and ALL EXTERNAL SHACKLES that poisoned a man's or woman's body mind and heart could practically render them incapable of achieving enlightenment and immortality of soul.

They believed that only a free mind and a free heart AND a free body could become light and see the Light.

Can a heavily drugged mind be free? Can a mind shackled and dimmed by hallucinogens or state-altering

drugs ever be able to fly free, instead of staying boggled down by physicality?

Only a free soul can see God. And that is purely achieved by choosing freedom, in all and every aspect of life.

The freer the mind and the body, the freer the soul and the freer the soul, the closer to God.

These days there are ongoing excavations in an archaeological site a few miles off my hometown in Macedonia, Greece. The sheer magnificence of the findings and the sheer size of the tomb found suggest it might be Alexander the Great's. Whomever it belongs to, however, the chambers leading to it, one after another, with the second one guarded by goddesses forbidding entrance to the uninitiated, suggest the 7 stages of initiation into the Eleusinian Mysteries that lead to true freedom and union with God. The one buried in there was no stranger to the mysteries and had achieved all 7 stages of Enlightenment that led to eternal afterlife Bliss…

Don't fall into the trap of believing that something external, something other than the free, God-given powers of your soul can lead you to enlightenment and immortality.
You were born free.

Stay free and all other things will fall into place.

How to Stay Young Forever

"How to Stay Young Forever: Never work too hard. Never become too weary. Ever seen signs of people aging? They look weary and tired of life and it shows on their face. It seems like they are ready to leave this world and about to depart to another plane of existence. To reverse the effect: Smile often. Have fun. Be happy. Be like a child. Be excited about life. Look at things with fresh and new eyes. Be sexually actively whether with a partner or solo. Sexual activity produces a hormone called DEHA which is the key to youthfulness. An orgasm jumpstarts the energy in your bio-circuitry. Some believe that the aging process is due to cells duplicating and forming less and less perfect copies of themselves. But that is because when the signal is weaker, the information carried might be degraded in quality. Therefore, the key is to boost the signal and re-download from the source template and the information resolution will be restored to full strength. Always enjoy the pleasures of the young and energetic. Form follows Function/Usage. Use it or lose it. How well you use or abuse something will also determine how it looks and how it turns out to be.

How do you tell whether a person will remain young for a long time? It is in their eyes and energy. Their eyes are bright and fresh, and they have strong "eye spirit". Their energy is youthful and buoyant. When Moses was at an old age, his "eyes did not grow dim, nor his strength (energy) abated. Their skin also remains youthful. "The Lord shall renew thy youth like the eagle's." Eagles renew their youth by plucking out all their feathers and growing a completely new set."

- Enoch Tan (Creator of Mind Reality)

"It is all about alignment of energy. When energy circulates properly, there is flow and rejuvenation. When energy is stagnant, there is death and decay. Sex is an exchange of energy. There are different types of people we can exchange energy with. But when we choose correctly and exchange with the right (halal) partners, the energy circulates and increases overall. With the wrong partners, the energy diminishes and drains away with a net decrease instead of a net increase. Those prostitutes that lose youth are because of lack of energy alignment with their acts. There are those that can maintain their youth when they are energetically lined up with what they are doing for as long as possible. Also, sexual activity produces a hormone called DEHA which is the key to youthfulness. Sexual activity can have its effects even without a partner and is just done solo."

- Enoch Tan (Creator of Mind Reality)

You Can Tell A Person's Age By the Way They Move

"I've always been interested in human energy.

That intangible thing that some people seem to possess an excess of, whereas some others barely have got any to keep them going.

It was a matter of constant fascination for me. To this day my favorite pastime is watching people walking by in public.

And I have noticed a weird thing; even though build, height or unisex clothes can be sometimes totally misleading in helping me guess their gender, I can almost invariably guess correctly people's age, even from afar, when no telltale age sign is visible from such a distance. And I bet you can do that too. Long before you can see someone's face walking towards you, you can tell their age, give or take a decade at maximum.

How does this happen?

I have pondered on this and realized that the deciding factor is

THE WAY THEY MOVE.

It is something about the way they walk, the way they hold their body, posture, attitude, but it boils down to movement. There seems to be a kind of movement or lack thereof that is characteristic of each and every age group, a few exceptions and idiosyncratic habits aside.

I've been watching people moving around bearing that principle in mind and if you do too, you'll draw the same conclusion.

Young people seem to be vibrating with excess energy, even when they just sit around.

The older the person, the more obvious the lack of this energy seems to be getting. By the age of 40 the majority of people seem to have lost most of that pulsating

energy that is tangible in the way they move, slowing down their every move, slumping them into an invisible sluggishness bubble, that natural freedom and swing in their movements gone or slowed down. Young people vibrate with this movement energy, older people seem to be gravitating towards non-movement (of the body, at least).

Why is that important?

Simple.

Everything that moves in the physical, thrives and flourishes and grows. Everything that doesn't, becomes stagnant, sick and eventually dies or disintegrates.

Everything on this planet is moving and changing, when it stops doing that it deteriorates and ceases to exist.

Read this again and make sure you realize the implications:

"When a living thing stops moving, it slowly starts deteriorating".

Prolonged inertia can potentially kill every living cell, by squeezing out its spirit and agility. And that goes for mental activity too, but that's not our point, because as people are getting older they gravitate towards mental activity and movement, to the exclusion of physical activity or to the minimization of it.

However, there seem to be some exceptions.

A few (lucky?) individuals that seem to be immune to this age slump, their body vibrant and alive, making it almost impossible to guess correctly their true age, because they

seem to possess the moving dynamics of a younger age group.

Ask them or watch their habits and you'll realize they are at a state of constant physical movement. They may exercise-and most of them do- or they may not, but the determining factor is that they are at a constant state of moving in their waking hours. They move their bodies constantly, just like most kids and young folks do. And that gives them their aura of 'youngness' and keeps their body young looking too in most cases, according to the principle that 'form follows function'.

How does this apply to you and me?

Moving your body can transform not just your body per se, but your whole life. Even a few weeks of exercising or forming better moving habits can make a huge difference to the way you look and hold your body, even if nothing else changes, no diet, no nothing.

To me exercising is all about posture. Having suffered-and still suffering to a certain extent- from scoliosis as a teenager and spending lots and lots of time on a chair giving private lessons or doing my translations and student assignments that I do for a living or surfing the net, gives me awful back and neck pain or even cramps. My body was not designed to spend so much time just typing and neither was yours. What I enjoy most about working out is the posture I get after only a couple of weeks or doing it regularly. I seem taller, my movements are more graceful, because my chest is thrown back naturally when I'm walking, my hips move in more harmony with my torso and my neck stops hurting. And

yes, I look thinner and younger, which is what I wanted in the first place too.

So lets do it.

Let's defy fecking energy loss that comes with age, or, if you are still very young and/or athletic, lets create more life energy by moving more.

And no, moving around the house to do stuff for your kids doesn't count. You have to sweat, my friend. Sweat real hard or at least incorporate much more movement than the level you're comfortable at right now.

It is a surefire way for you to be transported into another universe, an alternative reality where the younger, vibrant and healthier version of you is having one hell of a time, because" a healthy body only hosts a healthy mind", remember?"

Love and hugs

- By Eirini Haritou

Similarities Between the Human Body, Spirit, And The Universe

The connections and similarities between the human body, spirit, and the universe are often explored through various philosophical, religious, and metaphysical perspectives. Different belief systems and traditions offer diverse interpretations, but here are some general concepts that are often considered:

1. Energy and Vibration:

- Many spiritual and philosophical traditions posit that everything in the universe, including the human body and spirit, is composed of energy. This energy is thought to vibrate at different frequencies. The idea is that there is a fundamental interconnectedness through these energetic vibrations.

2. Microcosm and Macrocosm:

- The ancient concept of "as above, so below" suggests a correspondence between the microcosm (such as the human body) and the macrocosm (the universe). This idea implies that patterns and principles governing one level of existence are reflected in other levels.

3. Holistic Systems:

- Some holistic systems, such as traditional Chinese medicine and Ayurveda, view the human body as a microcosm that is intricately connected to the macrocosm of the universe. Balance and harmony in one's physical and spiritual aspects are considered essential for overall well-being.

4. Consciousness and the Universe:

- Certain spiritual and metaphysical perspectives propose that human consciousness is not separate from the universal consciousness. The idea is that our individual awareness is connected to a broader, cosmic consciousness.

5. Spiritual Essence:

- Many spiritual traditions posit the existence of a non-physical or spiritual essence within individuals. This essence is often described as the soul, spirit, or higher self. The connection between this spiritual aspect and the broader universe is sometimes seen as a form of unity or oneness.

6. Cycle of Birth and Death:

- Some belief systems, especially those with reincarnation or cyclical views of existence, suggest a connection between the life cycles of individuals and the broader cycles of the universe.

7. Interdependence:

- The concept of interdependence is emphasized in various spiritual and philosophical traditions. It suggests that all aspects of existence, including the human body, spirit, and the universe, are interconnected and mutually dependent.

It's important to note that these connections and similarities are often rooted in cultural, religious, or philosophical beliefs, and interpretations may vary widely. Scientifically, the human body is undoubtedly part of the universe, and our existence is subject to the physical laws governing the cosmos. However, the spiritual and metaphysical aspects extend into realms that are often beyond the scope of scientific observation

and measurement, leading to a diversity of interpretations and beliefs.

Metaphysical Aspects of Materialism

Materialism is a philosophical position that generally holds that the only or primary reality is material, and that all phenomena, including mental phenomena and consciousness, can be explained in terms of physical processes. While materialism is often associated with a reductionist approach that seeks to explain everything in terms of matter and physical processes, there are metaphysical aspects and implications to consider:

1. Reductionism:

- Materialism often adopts a reductionist perspective, asserting that complex phenomena can ultimately be reduced to simpler, more fundamental components. In the context of the mind-body problem, reductionism suggests that mental states and consciousness can be reduced to and explained by physical processes in the brain.

2. Monism:

- Materialism is a form of monism, asserting that there is only one fundamental substance or reality—matter. This stands in contrast to dualism, which posits the existence of both material and non-material substances. In the case of materialism, the mind and consciousness

are considered emergent properties of the material world.

3. Causal Closure:

- Materialism often implies the principle of causal closure, which suggests that every event has a physical cause. In other words, there is no room for non-physical or supernatural causation. This perspective is closely tied to the scientific method, which seeks naturalistic explanations for observed phenomena.

4. Epiphenomenalism:

- In the context of consciousness, materialism can lead to the position of epiphenomenalism. This view holds that mental states are byproducts of physical processes and are causally inert—meaning they do not have any causal influence on physical events. In this way, consciousness is seen as a kind of side effect of brain activity.

5. Objective Reality:

- Materialism typically assumes an objective reality that exists independently of subjective experience. The external world is considered to have an existence and properties that are not dependent on the perceptions or consciousness of observers.

6. Determinism:

- Some forms of materialism align with determinism, the idea that the future states of the universe are entirely

determined by its current state and the laws of nature. This implies that there is no genuine randomness or indeterminacy in the universe.

7. Emergence:

- Materialism often incorporates the concept of emergence, suggesting that higher-level phenomena (such as consciousness) emerge from the complex interactions of lower-level components (such as neurons). While these emergent properties are real, they are considered to be explainable by the underlying material processes.

It's important to note that materialism is just one philosophical perspective among many, and there are alternative views, such as idealism and dualism, that propose different metaphysical foundations for understanding reality. The choice between these perspectives often involves deep philosophical and metaphysical considerations, and discussions about the nature of consciousness and reality continue to be topics of debate in philosophy and cognitive science.

How Controls the World

It is true that powerful individuals and entities influence global politics, economics, and media, attributing the control of the entire world to a single group is an oversimplification.

Global power structures are complex and involve a multitude of factors, including geopolitical relationships, government

policies, technological advancements, and economic forces. It's essential to approach such claims critically and seek evidence from reliable sources.

Money, currency, science, technology, religions, and media are all vast and diverse fields that involve a wide range of actors and interests. While there may be instances of influence or manipulation within these domains, it's inaccurate to attribute control to a single group. Here are some points to consider:

1. Money and Currency: Central banks and financial institutions play a significant role in the global economy, but they operate within a framework of regulations and oversight. While there have been historical instances of financial manipulation, the idea of a single group controlling the global financial system is unfounded.

2. Science and Technology: Scientific and technological advancements are driven by a global community of researchers, engineers, and innovators. While powerful corporations may influence research agendas and funding, scientific progress is a collaborative effort involving contributions from around the world.

3. Religions: Religions are diverse and deeply rooted in cultural, historical, and social contexts. It is inaccurate to suggest that a single group controls all religions. Religious beliefs and practices are shaped by a variety of factors, including cultural traditions, individual interpretations, and historical developments.

4. Media: Media outlets have varying ownership structures and editorial policies. While there may be instances of media bias or concentration of ownership, the idea that a single

group controls all media globally is not supported by credible evidence.

Revelations from a Satanic Illuminati Insider Point of View

You know us as the Illuminati and have attributed many things about us, some of them true, some of them false. The state of the world is the way it is because of three factors: 1. Our influence (open or hidden) and actions in it. 2. Your (the masses and individuals) beliefs and way of living in it. 3. Cosmic causes from the beginning and the divine plan in motion.

We are in control of your society, and we will continue to be in control even as you expose our existence and influence in this world. It is not invisibility that gives us our power. It is you the human nature that gives us our power. As long as people are slothful, wicked and foolish, we will have power in this world. We retain world dominance for the purpose of good. If there was no control, society would be in chaos because of the inability of the masses to govern themselves.

We create and established the control system so that the energy of the masses can be harnessed and productivity can be maximized. We are here in this world filled with imperfection and imperfect inhabitants, so we might as well make the most out of it. Remember the quote from your poet:

"Fools will be fools as certain as fate, Men of wisdom, make them your tools; That, only that, is the use of fools." - John G. Saxe

Verily that is a true and wise statement indeed. We create "Order out of Chaos".

We are your masters and your enslavers, but yet the key to your freedom is also given by us. We provide you with the knowledge of how to create your freedom, but yet many would not take heed of it, and continue to blame us for their suffering while they continue to create their own enslavement.

Look to those who have escaped the rat race, and you will hear them mentioning the same things. Their solutions might be controversial, but many of you are unable to accept because of your limiting belief systems. The rich and successful reveal to you the keys of action, work, concentration, business, marketing, selling, persuasion, influence, managing, learning, reading, diligence, etc. But yet how many are willing to pay the price?

Because you are not willing to make the most use of yourself, we will make use of you. An idle mind is the devil's workshop. Instead of filling our prisons with an oversupply of criminals with no productivity, we imprison most of you in our control system of labour and economic slavery.

Because you would not buy the things that would be truly useful to you, or invest your money in worthy investments, we fill your world with plenty of things to buy in entertainment, gossip, and tons of frivolous

things. We enrich ourselves by your sloth and foolishness.

In business, we sell to you the dream that riches can come abundantly and automatically without work. We create the illusion of the lifestyle of the rich. We do not show you what you do not want to see, the effort, the hard work, the sacrifices that have to be made.

In religion, we mix extremes of errors depending on your psychological faults. We either implant lies that God is not for prosperity, so that you remain foolishly trapped by our control system, or we delude you into thinking that God can give you everything without you needing to do much work.

Remember, the truth is always "what works", and when you focus on what the majority of the people who have made it work, they will say the same things. Ignore the rest.

"Misdirection" is the secret principle of the magician on stage. We point you to something (whether by direction or implication), but the real action is taking place somewhere else. We give you an external "target" that you can aim at. The more you blame us for your suffering, the more powerless you remain.

Once you understand that you alone are at cause of your reality, and that we are your shadow, you take the red pill.

"The brightness of the Tao seems like darkness, the advancement of the Tao seems like retreat, the level path seems rough, the superior path seem empty, the pure

seems to be tarnished, and true virtue doesn't seem to be enough. The virtue of caution seems like cowardice, the pure seems to be polluted, the true square seems to have no corners, the best vessels take the most time to finish, the greatest sounds cannot be heard, and the greatest image has no form. The Tao hides in the unnamed, Yet it alone nourishes and completes all things."
- Tao Te Ching

We are the doers of good in this world, although the good that we do seems impure. We are the doers of evil in this world, but the evil we do is a necessary evil.

We are your Shadow. We are here as your Adversary (Satan, the Devil), but yet we are also here to illuminate you as the Bringer of Light (Lucifer). We are here to teach you the lessons until you learn and create your own freedom. We are not your friendly teacher. We are teaching you as your enemy.

There is an old saying: "No man is your enemy, no man is your friend, every man is your teacher."

We are the Force of Good and Evil, as represented by the Tree of Knowledge of Good and Evil that you partook in the beginning of this world. We are here because you chose us to be here. Although we may have influenced your choice as the Serpent, it is your own God-Given freewill that made the choice.

Understanding How Psychic Power Works

"You all have what you call "psychic power." It is, truly, a sixth sense. And you all have a "sixth sense about things." Psychic power is simply the ability to step out of your limited experience into a broader view. To step back. To feel more than what the limited individual you have imagined yourself to be would feel; to know more than he or she would know. It is the ability to tap into the larger truth all around you; to sense a different energy."

- Conversations with God, Book 3

"To develop your psychic "muscle," you must exercise it. Use it. Every day. All the time.

Right now the muscle is there, but it's small. It's weak. It's under-used. So you'll get an intuitive "hit" now and then, but you won't act on it. You'll get a "hunch" about something, but you'll ignore it. You'll have a dream, or an "inspiration," but you'll let it pass, paying it scant attention.

Thank goodness you did pay attention to the "hit" you had about this book, or you wouldn't be reading these words now. You think you came to these words by accident? By chance?

So the first step in developing psychic "power" is to know you have it, and to use it. Pay attention to every hunch you have, every feeling you feel, every intuitive "hit" you experience. Pay attention.

Then, act on what you "know." Don't let your mind talk you out of it. Don't let your fear pull you away from it. The more that you act on your intuition fearlessly, the more your intuition will serve you. It was always there, only now you're paying attention to it."

- Conversations with God, Book 3

"There are three rules of psychic phenomena that will allow you to understand how psychic power works. Let's go over them.

1. All thought is energy.
2. All things are in motion.
3. All time is now."

- Conversations with God, Book 3

"Psychics are people who have opened themselves to the experiences these phenomena produce: vibrations. Sometimes formed as pictures in the mind. Sometimes a thought in the form of a word.

The psychic becomes adept at feeling these energies. This may not be easy at first, because these energies are very light, very fleeting, very subtle. Like the slightest breeze on a summer night that you think you felt rustle your hair—but maybe didn't. Like the faintest sound in the farthest distance that you think you heard, but can't be sure. Like the dimmest flicker of an image at the corner of your eye that you swore was there, but, when you look head on, is gone. Vanished. Was it there at all?

That's the question the beginning psychic is always asking. The accomplished psychic never asks, because to ask the question sends the answer away. Asking the question engages the mind, and that's the last thing a psychic wants to do. Intuition does not reside in the mind. To be psychic, you've got to be out of your mind. Because intuition resides in the psyche. In the soul. Intuition is the ear of the soul.

The soul is the only instrument sensitive enough to "pick up" life's faintest vibrations, to "feel" these energies, to sense these waves in the field, and to interpret them."

- Conversations with God, Book 3

"Every feeling you've ever had resides in your soul. Your soul is the sum total of all your feelings. It is the repository. Even though it may have been years since you've stored them there, a psychic who is truly open can "feel" these "feelings" here and now. That's because—all together now there's no such thing as time.

That's how a psychic can tell you about your "past." "Tomorrow" also does not exist. All things are occurring right now. Every occurrence sends off a wave of energy, prints an indelible picture on the cosmic photographic plate. The psychic sees, or feels, the picture of "tomorrow" as if it is happening right now—which it is. That is how some psychics tell the "future."

How is this done, physiologically? Perhaps without actually knowing what he's doing, a psychic, through the act of intense focusing, is sending out an actual submolecular component of himself. His "thought," if

you will, leaves the body, zings out into space, and goes far enough, fast enough, to be able to turn around and "see" from a distance the "now" that you have not yet experienced.

The submolecular part of the psychic, having absorbed the energy of the image gained from focusing, zings back to the psychic's body, bringing the energy with it. The psychic "gets a picture"—sometimes with a shiver—or "feels a feeling," and tries very hard not to do any "processing" of the data, but simply—and instantly —describes it. The psychic has learned not to question what he's "thinking" or suddenly "seeing" or "feeling," but merely to allow it to "come through" as untouched as possible.

Weeks later, if the event pictured or "felt" actually occurs, the psychic is called a clairvoyant—which, of course, is true!"

- Conversations with God, Book 3

Neale Donald Walsch: "How come some "predictions" are "wrong"; that is, they never "happen"?"

God: "Because the psychic has not "predicted the future," merely offered a glimpse of one of the "possible possibilities" observed in the Eternal Moment of Now. It is always the subject of the psychic reading who has made the choice. He could just as easily make another choice—a choice not in concert with the prediction.

The Eternal Moment contains all "possible possibilities." As I have explained now several times, everything has

already happened, in a million different ways. All that's left is for you to make some perception choices.

It is all a question of perception. When you change your perception, you change your thought, and your thought creates your reality. Whatever outcome you could anticipate in any situation is already there for you. All you have to do is perceive it. Know it.

This is what is meant by "even before you ask, I will have answered." In truth, your prayers are "answered" before the prayer is offered."

- Conversations with God, Book 3

Neale Donald Walsch: "If everything is all happening now, what dictates which part of it all I'm experiencing in my moment of "now"?"

God: "Your choices—arid your belief in your choices. That belief will be created by your thoughts on a particular subject, and those thoughts arise out of your perceptions— that is, "the way you look at it."

So the psychic sees the choice you are now making about "tomorrow," and sees that played out. But a true psychic will always tell you it doesn't have to be that way. You can "choose again," and change the outcome."

- Conversations with God, Book 3

"A sincere intuitive will never offer to cause another to come back to you, get a person to change his mind, or create any result whatsoever with her psychic "power." A

true psychic—one who has given her life to the development and use of this gift—knows that another's free will is never to be tampered with, and that another's thoughts are never to be invaded, and that another's psychic space is never to be violated."

- Conversations with God, Book 3

The Laws of the Universe Keep You Safe

Prosperity and Happiness No Matter the Conditions

"First of all, let us say that you have no idea how powerful you are. The universe is set up to support every single one of your choices. It automatically lines up vibration, and places you in time and space near to those who think and believe as you do. If this concept were fully understood, all of you would be very mindful indeed of your thoughts and beliefs. You would scrupulously focus only on those things that make you feel good, and avoid that which causes you discomfort. We tell you with absolute certainty that the universe provides an interface to consciousness that responds instantly to every one of your choices.

The government of a nation is a direct mirror, or reflection, of those who live in it. Therefore, it is not accurate to refer to "those in power," as you are wont to do, for they can only exist as a result of the choices of each and every one of you. Such a mindset is an indication that you have given away your power! The

universe will respond to you individually, no matter what the others are doing. Even if there are policemen on every corner, you may wave cheerfully to them, or rant and rave and cause yourself upset.

You cannot control the actions of another! You can, however, control how the universe, and the people in it, respond to you. We tell you that you can find happiness and prosperity no matter the conditions! (big wave of love here, and complete certainty)

Once you begin to focus exclusively on well–being, you will find your life changing for the better in magical ways.

Not only that, but when you change your focus exclusively to well–being, you influence the environment around you. You become a lighthouse, a beacon shining your light into the world. The way to truly change the world for the better is by setting an example. You have no idea how powerful your light can be! One person broadcasting a powerful signal of well–being is more powerful than a million disconnected ones. Believe it or not, one person shining his or her light may influence the million and do so much more quickly than you can imagine. We know this because we perceive the full vibrational spectrum, whereas you only see that which is brought to you by your human senses."

- Conversations with My Higher Self (A book channeling the same entity known as "Abraham Hicks")

“One who is in alignment with Source is more powerful than millions who are not. And so, the person most aligned with his Inner Being, his Vortex of Creation, and the power that creates worlds will emerge as the leader. People naturally gravitate to clear-minded, stable, happy people.”

- Abraham Hicks (The Vortex)

“If you look at the establishment of a totalitarian society in your country with perfect nonchalance, it is not ‘dark’ for you, and so you do not experience anything negative. It is your perception of what you are looking at that determines what you experience. You get to decide where you want to vibrate and what you want to experience.

For example, you may decide to only experience beauty and prosperity, in which case you will find yourself at a beautiful lake, or in that house in the woods you have been longing for, OR, you may decide to experience joy in the midst of contrast, in which case you may find yourself in the middle of a battlefield, feeling perfectly safe. Whatever you decide to experience is exactly what you will experience! ”

- Conversations with My Higher Self (A book channeling the same entity known as “Abraham Hicks”)

The Laws of the Universe Keep You Safe

"The laws are simply woven into the fabric of the universe; a natural and easy part of life experience. For example, a planet of what you would call scientists or researchers knowledgeable about the laws would never attract a hostile attack by a warrior culture, simply because the vibrations do not match. There are a lot of silly ideas among the belief systems of planet earth about this.

For instance, it is said by some that a missile defense system is necessary to protect from attack by hostile countries, or a peaceful society is naturally vulnerable (because of its weakness) to attack from stronger warrior cultures. We assure you, this CANNOT happen, and has never happened unless the peaceful culture begins to focus on its own vulnerability. On earth, every instance of a peaceful society conquered by an aggressive one was the result of broad agreement by everyone in that society of its vulnerability.

This should be reassuring to everyone!

For instance, the country called Switzerland was not attacked in any of your 20th century global wars, even though it was right in the middle of the action. But the reason for its immunity was/is broad agreement by every Swiss citizen of the impossibility of being attacked, and there is no fear of it.

Some might say that it was never attacked because of the protection of stronger powers, or the presence of so many international banks and their affect on global commerce and politics. The banks settled in Switzerland, however, because of the vibration held by the people in that country.

That is how the laws work: there is always a physical explanation for any state of affairs in any location in space/time, but the consciousness of the beings in that area determines what manifests physically in that location.

Understanding of the laws makes creating and maintaining an enjoyable, smoothly running society or culture a much simpler thing to bring about."

- Conversations with My Higher Self (A book channeling the same entity known as "Abraham Hicks")

"Nothing real can be threatened. Nothing unreal exists. Herein lies the peace of God."

- A Course in Miracles

"We are very enamored of the concept of 'safety in numbers' and no matter how far we stretch our intelligence we cannot figure that one out. It goes against every law of the universe that we know of, and in fact is a complete non–sequitor and self–contradictory. Yet we see many on your planet wholeheartedly playing

this game. We observe some of the games that are played on earth with some amusement, amazement and sometimes, awe."

- Conversations with My Higher Self (A book channeling the same entity known as "Abraham Hicks")

A Life of Safety, Serenity and Invulnerability

"The world is in perfect vibrational balance. It is in perfect balance because the fundamental operating principle of the universe is 'like attracts like.' Therefore, there is never a case of mismatched vibrations or accidental events. This means that there is never unfairness or injustice, as brutal as that may seem to humans.

Those who wish to fight and argue may do so, those who wish to find only serenity and peace may have that as well. Human beings get into trouble when they think 'I cannot have peace and harmony when there is fighting and war present.' We assure you that your planet is a large enough platform so that all who wish anything may have the fulfillment of their desire. It is only when those who wish peace, for example, focus upon and resist those who are fighting that the peaceful ones are drawn into conflict, for they are consciously matching their thoughts and feelings to fighting! They begin to resonate to conflict and the universe begins to respond to that signal.

If those who wished only peace focused exclusively upon peace, their experience would be one of peace, no matter what the others are doing. This may not seem valid at all to some, but it is a simple and powerful truth of the universe. Those who truly understand this principle bring to themselves a life experience that is entirely consonant with their desires."

- Conversations with My Higher Self (A book channeling the same entity known as "Abraham Hicks")

"What's so interesting is, the majority of the laws and the rules that are made, are made from people outside the vortex. But it doesn't keep thrivers from thriving because they keep getting inside the vortex where the laws of the universe assist them. They could make a law against everything you are doing, and if you didn't get upset about all the laws they are making, and you just focus on the things that are working in your life, you'd get in the vortex and you'd get around all of it, and you'd continue to thrive. No one can deprive anyone else of thriving, but no one can legislate thriving for others either. You have to orchestrate your own thriving."

- Abraham Hicks (YouTube Video: Abraham Hicks – World Economy)

True Nature of Time and Seeing the Future

In Islamic teachings, the concept of time and the ability to perceive the future are approached through the lens of divine omniscience and the nature of human existence within God's creation. Time, in this context, is not a linear progression from the past to the future, but rather an element within God's eternal reality.

The Quran describes God's knowledge as encompassing all moments of time simultaneously. In Surah Al-Hadid (57:3), it states, *"He is with you wherever you may be. And Allah, of whatever you do, is Seeing."* This verse reflects the idea that God's presence and knowledge are not bound by the constraints of linear time. God's knowledge encompasses all events, past, present, and future, as a single, eternal reality.

From an Islamic perspective, the concept of time is akin to the idea of the Eternal Moment of Now, where all events are already known to God. The idea that "nothing is older than anything" aligns with the belief that God's knowledge of creation is complete and not subject to the passage of time. As stated in Surah Al-Ankabut (29:62), *"Allah extends provision for whom He wills and restricts [it]. Indeed, He is Knowing of all things."* This underscores that all events are predetermined and known to God in a timeless, all-encompassing manner.

The notion that "time does not pass" but rather objects move within it can be understood through the Islamic belief in Qadar (divine decree). The Quran in Surah Al-

Qamar (54:49) emphasizes, *"Indeed, all things We created with predestination."* This suggests that while humans experience life sequentially, God's knowledge and decree are absolute and encompass all moments simultaneously.

Regarding the concept of seeing the future, Islamic teachings suggest that while God's knowledge includes all possible futures, humans have limited foresight. In Surah Al-Jathiya (45:24), it is stated, *"And they say, 'There is nothing except our worldly life; we die and live, and nothing destroys us except time.'"* This verse reflects the limited human perception of time and future events, contrasting with God's all-encompassing knowledge.

Islamic teachings also recognize that human choices impact their lives within the framework of divine decree. In Surah Al-Kahf (18:29), it is mentioned, *"Say, 'The truth is from your Lord. So whoever wills - let him believe; and whoever wills - let him disbelieve.'"* This highlights the role of human free will within the bounds of divine knowledge. Even though the future is known to God, individuals have the freedom to choose their actions and, consequently, their experiences.

In terms of predictions and glimpses into the future, Islamic tradition acknowledges that some insights may be granted through divine inspiration or prophecy. However, these glimpses are not definitive and are subject to change based on human actions and divine will. The Prophet Muhammad (PBUH) said, as reported in Sahih Muslim, *"The Pen has been lifted and the ink has dried,"* indicating that what is decreed by God is certain,

but human actions and choices still play a role in shaping individual experiences.

Ultimately, the Islamic view integrates the understanding that while God's knowledge is absolute and encompasses all possibilities, human beings navigate their lives within this divine framework with the ability to make choices. As the Quran asserts in Surah Al-Imran (3:54), *"And [the disbelievers] planned, but Allah planned. And Allah is the best of planners."* This verse highlights the dynamic interplay between divine decree and human agency, underscoring that while the outcomes are known to God, human free will remains integral to their experiences.

How Spirits See Our Physical World

In Islamic teachings, the perception of the physical world from a spiritual perspective is deeply influenced by the understanding of God's omniscience and the nature of spiritual beings. The Quran emphasizes that the true nature of existence is known fully only to Allah. As stated in Surah Al-Ankabut (29:62), *"Allah extends provision for whom He wills and restricts [it]. Indeed, He is Knowing of all things."* This verse reflects the idea that God's knowledge encompasses all aspects of creation, both seen and unseen, and that spiritual beings, including angels, have insight into the divine will and the overarching patterns of existence.

Spiritual entities, such as angels, perceive the world in a way that transcends human limitations. They see the larger patterns of thought and emotion that influence physical events. This perspective is akin to observing the world through a lens that reveals the broader, more fluid connections between thoughts and outcomes. In Surah Al-Hadid (57:4), it is said, *"Wherever you are, Allah will bring you forth all together."* This implies that the divine view encompasses all moments and actions simultaneously, allowing spiritual beings to see the interactions between human thoughts and their consequences more clearly than humans can.

In Islam, the notion that spiritual beings perceive timelines and events as interconnected patterns rather than linear sequences can be linked to the Quranic understanding of God's timelessness. The concept of "now" in Islamic teachings is synonymous with the eternal and unchanging nature of God's knowledge. Surah Al-Mulk (67:15) states, *"He it is Who made the earth subservient to you, so traverse in its tracks and partake of the sustenance He has provided."* This reflects the idea that, while humans navigate through time, God’s knowledge encompasses all of creation in a single, eternal moment.

When it comes to predicting the future, Islamic teachings acknowledge that while God's knowledge is perfect and complete, human understanding is limited and subject to change based on choices. The Quran emphasizes the

fluid nature of human decisions and their impact on outcomes. Surah Al-Furqan (25:70) states, *"Except for those who repent, believe and do righteous work. For them Allah will replace their evil deeds with good. And ever is Allah Forgiving and Merciful."* This verse indicates that human actions and repentance can influence the course of events, highlighting the dynamic interplay between divine decree and human free will.

Angels, as described in Islamic tradition, have a role in observing and recording human actions and their effects. They are depicted as having knowledge of the patterns and trends of human behavior, which align with the Quranic portrayal of their function. In Surah Al-Infitar (82:10-12), it is said, *"And indeed, [appointed] over you are keepers, noble and recording; They know whatever you do."* This suggests that while angels can observe and understand the patterns of human actions and their potential outcomes, they do so within the framework of God's eternal knowledge and decree.

In Islamic thought, the future is not fixed but is shaped by human choices within the scope of divine knowledge. The Quran acknowledges that while the future is known to God, the complexity and fluidity of human decisions mean that the exact outcomes are not always predictable from a human perspective. Surah Al-Qamar (54:49) says, *"Indeed, all things We created with predestination."* This verse underscores the belief that while the divine

plan is comprehensive, human actions still play a significant role in the unfolding of events.

In summary, from an Islamic viewpoint, spiritual perception involves an understanding of the world as interconnected and influenced by divine knowledge. Spiritual beings perceive broader patterns and emotional currents, while human actions and choices affect the course of events within the framework of God's omniscient and eternal knowledge.

Foresight and Precognition

In the Islamic framework, the concept of foresight and the nature of predestination are understood through the lens of Allah's absolute knowledge and human free will. According to Islamic teachings, only Allah possesses complete and unfathomable knowledge of everything past, present, and future. As stated in the Quran, "Indeed, Allah knows the unseen aspects of the heavens and the earth. And Allah is Knowing of all things" (Quran 35:38). This encompasses not only the present and past but also the potential outcomes of future events.

While beings such as angels operate under Allah’s command and possess certain insights into future events, their knowledge is limited compared to Allah’s. Angels are guided by Allah's foreknowledge and play a role in shaping events in the world according to His divine plan. The Quran explains this guidance: "He sends down the angels with the Spirit by His command to whom He wills of His servants, saying, 'Warn that there is

no deity except Me, so fear Me'" (Quran 16:2). These celestial beings assist in guiding humanity without infringing upon free will, acting in accordance with divine wisdom.

The Islamic understanding of predestination (Qadar) and free will harmonizes the belief in Allah's omniscience with the concept of human agency. Allah has decreed the course of all events, but this decree includes the freedom for individuals to make choices within that framework. The Prophet Muhammad (peace be upon him) affirmed this by saying, "Allah has decreed the measures of all things fifty thousand years before the creation of the heavens and the earth" (Sahih Muslim). This hadith highlights that while Allah's knowledge encompasses all possibilities, human beings are granted the ability to choose their actions.

In this way, the notion that predestination limits free choice is addressed by recognizing that Allah's knowledge includes all possible paths and outcomes. Allah provides guidance and opportunities to align with His will, and individuals can seek this guidance through sincere supplication (Dua). The Quran encourages believers to make supplications, affirming, "And your Lord says, 'Call upon Me; I will respond to you'" (Quran 40:60). This underscores the belief that while Allah has foreknowledge of all events, human prayers and choices are integral to shaping one's path within the parameters of divine wisdom.

Therefore, in Islam, the interplay between divine foreknowledge and human free will is a balance where Allah's comprehensive knowledge and guidance coexist

with the personal agency granted to individuals. This allows for the possibility of changing one's circumstances through sincere prayer and righteous actions, reflecting the dynamic relationship between divine decree and human effort.

The Secret Method to Change Your Destiny

In Islam, prayer (Dua) is considered a powerful means of invoking Allah's mercy and intervention in one's life. This concept is illustrated by a significant event involving Prophet Hezekiah, known as Hizqil in Islamic tradition. According to Islamic teachings, a similar story is found in the Quran and Hadith literature, reflecting the impact of sincere prayer on one's destiny.

The Quran recounts the story of Prophet Uzair (Ezra) in a context where divine intervention and the power of faith play crucial roles. While not identical to the story of Hizqil, it demonstrates the transformative power of prayer. The Quran states, "And [mention] when Uzair said, 'My Lord, how will You give life to the earth after its death?' So Allah caused him to die for a hundred years, then revived him" (Quran 2:259). This account shows Allah's control over life and death and the potential for prayers to be answered in ways that surpass human understanding.

In the case of Hizqil, as described in Islamic tradition, when he was informed of his impending death, he turned to Allah in earnest supplication. His prayer was heartfelt, and he sought Allah’s mercy by recounting his righteous deeds and sincere faith. His act of turning to Allah with a

sincere heart and pleading for His mercy led to a divine response. Allah granted Hizqil an extension of his life, reflecting the Quranic principle that Allah is responsive to sincere prayers: "And when My servants ask you concerning Me, indeed I am near. I respond to the invocation of the supplicant when he calls upon Me" (Quran 2:186).

This narrative underlines the Islamic belief in the power of Dua to affect one's destiny. It is not merely about changing preordained outcomes but rather about engaging in a process of seeking Allah's guidance and mercy. The Prophet Muhammad (peace be upon him) emphasized the significance of Dua in changing one's fate, stating, "Dua is the essence of worship" (Sunan Abi Dawood). This teaching reinforces that while Allah's knowledge encompasses all outcomes, the act of sincere prayer can invoke His mercy and bring about changes in one's circumstances.

In summary, within Islamic teachings, heartfelt and sincere prayer is a means through which believers seek Allah's intervention and mercy, reflecting the dynamic interaction between divine decree and human supplication.

Heal or Reverse Disease by Changing the Past

"YOU MUST UNDERSTAND THAT BASICALLY TIME IS SIMULTANEOUS. PRESENT BELIEFS CAN INDEED ALTER THE PAST."

"In some cases of healing, in the spontaneous disappearance of cancer, for instance, or of any other disease, certain alterations are made that affect cellular memory, genetic codes or neuronal patterns in the past …. A strong belief in a particular ability generated in the present will reach into the past and effect whatever changes would have had to occur there in order to make the ability apparent.

While your physical body wears its solidity only in present time to your senses, beneath this both the ever-changing elements of your body and your consciousness are relatively free in time.

You repattern your past from the present."

- SETH (The Nature of Personal Reality)

"A sudden contemporary belief in illness will actually reach back into the past, affecting the organism at that level, and inserting into the past experience of the cells the initiation of those biological events that will then seem to give birth to a present disease. The current beliefs will reprogram and alter past experience. It is not simply that past, forgotten unconsciously perceived events will be put together in a new way but that in the past (now not perceivable), the entire bodily response to seemingly past events will change. Your desire or belief will literally be reaching back into time, teaching the nerves new tricks. Dear friend, you repattern your past from the present."

- SETH (The Nature of Personal Reality)

"In health terms, it involves conducting yourself once a day as though you were not sick Sometimes [this] brings literally awesome results. The effects will occur however only if you cease looking into the past "for what is wrong", and stop reinforcing your negative experience You who believe in reincarnation can make the [same] error It is bad enough to believe you are at the mercy of one past."

- SETH (The Nature of Personal Reality)

"The past is still happening. You create it from your present according to your beliefs. A removed appendix will not reappear physically. There are certain frameworks that are accepted, built into your creaturehood. There is far greater freedom, however, even on the cellular level."

- SETH (The Nature of Personal Reality)

"All existences are simultaneous. Within the bounds of creaturehood certain things are possible and certain things are not. You cannot regenerate a limb, or grow a new one. You can cure yourself of an 'incurable' disease if you realize that your point of power is in the present."
- SETH (The Nature of Personal Reality)

"You have the ability to guide the cells of your body as you would like them to understand. You have to reach this place where you don't care who understands it, you don't even care if it manifests, because if you care that something manifests that hasn't manifested, you've introduced resistance to it. You just have to so enjoy the dreaming process that you dream for the joy of dreaming, and if you dream enough for the joy of

dreaming, the manifestations will just follow you around."
- Abraham Hicks (YouTube Video: Abraham – Can she someday create new body parts?)

"As far as you are concerned, the present is your point of action, focus and power, and from that point of volition you form both your future and past. Realizing this you will understand you are not at the mercy of a past over which you have no control.

You are not at the mercy of the past, or of previous convictions, unless that you believe that you are. If you fully comprehend your power in the present, you will realize that action at that point also alters the past, its beliefs and your reactions."

- SETH (The Nature of Personal Reality)

"The images in your mind draw to themselves all the proper emotional energy and power needed to fill them out as physical events. You can change the picture of your life at any time if only you realize that it is simply the one portrait of yourself that you have created from an unlimited number of probable ones…. The abilities and variants that you may want to actualize are already latent and at your disposal.

Suppose you are unhealthy and desire health. If you understand the nature of probabilities, you will not need to pretend to ignore your present situation. You will recognize it instead as a probable reality that you have physically materialized. You will then begin to bring a different probability into physical existence. You will do this by concentrating on what you want, but feeling no

conflict between that and what you have, because one will not contradict the other; each will be seen as a reflection of belief in daily life.

As it took some time to build up your present image with its unhealthy aspects, so it may take time to change that picture. But concentration on the present unhealthy situation will only prolong it. Each condition is as real or unreal as the other…. You have choice, broadly, within certain frameworks that you have chosen as a part of your creaturehood. The past as you think of it, and the subconscious, again as you think of it, have little to do with present experience outside of your beliefs about them."

- SETH (The Nature of Personal Reality)

Things in Highly Responsive Women

"Every man has his preferences, but to find a highly responsive woman, the most important things to look for in a woman are: intelligence, imagination, deservedness, and sexuality.

Intelligence is the biggest indicator of suggestibility. The more intelligent, the more powerfully she will respond to your suggestions.

Imagination is the component that you will make use of to make things real for her. If she has a very good imagination, you can make anything real for her. If she does not, you are going to be continually frustrated.

Imagination is usually closely related to intelligence, but not always. You can easily determine the imaginative ones by simply observing if they are making real the things you are talking about.

Deservedness is what a woman believes she deserves for herself. You have to find a woman who has a good sense of deservedness.

Why are there so many different religions?

"The logical answer is that there are many different people on planet Earth, and they are in many different states of consciousness. If religion is a form of communication from the spiritual realm, it follows that this communication must speak a language that people can understand.

When you consider the vast cultural differences between various groups of people, it seems likely that one religion simply cannot appeal to every human being on this planet. Therefore, we might consider that our spiritual teachers give a specific religion to a specific group of people. The goal is to help these people raise their awareness and their level of consciousness.

The consequence is that any religion is adapted to the level of consciousness of the people to whom the religion was given. This is a stunning conclusion, because we now see why there are so many different religions and

why it is meaningless to fight over which religion is the best one or the only true one.

If religion is simply a tool for raising people's consciousness, it follows that the best tool for a specific group of people is the tool that is adapted to their current level of consciousness and has the best potential for helping them rise above that level. In other words, one size simply does not fit all. Different people need different religions!

Consider for a moment the situation faced by our spiritual teachers. When you look at the amazing diversity found on Earth, it becomes obvious that if you want to reach people with a spiritual message, you must take an individualized approach. To reach a specific group of people, you must speak a language that they can understand. You must use spiritual concepts that they can grasp with their current level of consciousness. You must also consider what people are willing to accept.

The reason we are discussing the topic of religious conflicts is that people are very sensitive about religion. Most people are not willing to look at ideas that go too far beyond their current beliefs. This might present an interesting challenge for a spiritual teacher seeking to help people raise their consciousness. Such a teacher might be limited by people's current beliefs and unable to give them ideas that are too far beyond those beliefs.

This leads to the conclusion that a specific religion might never have been meant to give a final, complete or infallible doctrine. A religion might never have been meant to be the ultimate religion. It might be a measured

response to a crisis. It might be adapted to a group of people in a certain state of consciousness. The purpose is not to give the ultimate truth, but to help these people grow to a higher level of awareness in which they can receive a more advanced spiritual teaching."

The Four Levels of the Material Universe

"Everything is sustained only by a stream of God's energy that flows from the spiritual realm into the material universe. On a personal level, the energy flows from your spiritual self through the layers of the subconscious mind until it reaches the conscious mind. The energy flows from the realm of spirit, or ether, and it first enters the realm of fire. Some esoteric teachings call this the etheric octave or the memory body. I would like to call it the realm of identity. This is the part of your mind that stores the memories of your experiences in the material world. It also stores the sense of identity that you have built up through your soul's journey, over many lifetimes, in this world. When the basic life energy first enters your mind, or being, it flows through your sense of identity. It is therefore colored by your sense of identity. Your sense of identity also includes how you see the world, God, your relationship to the world and your relationship to God. It is therefore the foundation for how you respond to life in this realm.

After the energy flows through your identity body, it enters the realm of air. This is what some teachings call

the mental body. I would like to call it the realm of thought. In this realm the energy is colored by your thoughts about yourself and the world. Your thoughts are very much determined by your sense of identity, but because they reside at a lower level of your being, they are more fluid and can be changed more easily than the deeper images that make up your sense of identity. In other words, your thoughts can be adapted to or influenced by specific situations you encounter in this world. One might say that your sense of identity determines how you see the big picture, whereas your thoughts relate to how you understand details of that picture. Your sense of identity determines how you see the world, and your thoughts determine how you think the world works.

After the energy flows through the thought body, it enters the realm of feeling. This is the emotional body, the feeling realm, and it contains your feelings about yourself and the world. Emotions are simply energy in motion, and they are the forerunners for physical action. So your emotions determine how you act upon thoughts. One might say that a thought itself cannot lead to action. A thought is simply an idea, and in order to be translated into a physical action, the thought must have the two qualities that are added by an emotion. These two qualities are direction and intensity. Your emotions will direct your thoughts into a specific action, and the intensity of your emotions will determine the power of the action.

The final step is that the energy enters the physical brain and nervous system. It is at this level that your emotions

are translated into actions, and the actions will be determined by the direction and the intensity of the emotions behind them. Of course, the direction and intensity of the emotion is determined by the thought, and the thought is determined by your sense of identity and your world view.

You now see that the natural flow of energy through your being is that energy streams from your spiritual self through your identity body, where it is colored by your world view. The energy then flows into your thought body and is colored by your thoughts. The energy now flows into the feeling body and takes on the direction and intensity determined by your emotions. Finally, the energy is translated into a physical action carried out by your brain, your nervous system and your physical body."

How to Create Any Change in the Matter Universe?

"Above the matter realm are three divisions that still belong within the greater spectrum of the material universe. When you move from the matter realm into the next division, you enter a realm which we might call the realm of feeling. Above that is the realm of thought and above that the realm of identity. In many older religions and philosophies, such as Buddhism, the Greeks or the esoteric teachings used by the alchemists, these four realms were described as the four corners of the Earth. They were labeled Earth, Water, Air and Fire. This concept corresponds to the ancient idea of the squaring of the circle. The circle represents Heaven, and it is infinite and undivided in terms of time and space. It corresponds to the ether. The square represents Earth, or rather the

material universe. The material universe is the realm of space and time. It is created by taking the infinite realm of the circle and dividing it into four directions, four dimensions, that manifest as the coordinates of time and space."

"One might say that the matter universe is simply a projection of the images found in the three higher levels. Truly, the matter universe is no more real than the images projected on the screen of a movie theater. When you contemplate this concept, you realize that changing the matter universe can – and indeed must – be done by changing the three higher levels of the material world. **On a personal level, if you want to change your outer circumstances, you must begin by changing your feelings, your thoughts and your sense of identity. Only when you change the images found in the three higher bodies, will you change the images that appear in the matter world**. Likewise, on a planetary scale, the key to removing human suffering is to purify the feeling, the thought and the identity body of the planet as a whole. **The reason being that the physical planet is a projection of images held in these higher realms**."

Only You Can Cure Yourself – Psychiatry Failure

By Ann Lawson Norwich, UK

Mental illness has an extremely poor image. It's been called the last taboo. Unfortunately, those who suffer or

have suffered from being diagnosed with a mental illness tend to be dragged down by this image. Once you have been diagnosed or initially admitted to an institution for treatment, it is almost impossible to escape the stigmatization which automatically follows. Nor is it only those on the outside of the caring professions who carry these prejudices. Blind ignorance is also rife within psychiatry.

There is currently a research article which connects schizophrenia to the incidence of being cross-eyed or being born in a month with particularly intemperate weather. It seems we have progressed little from when entrails were read in Ancient Rome to anticipate events. The fact is no one has a clue about what causes schizophrenia, although as with most things these days a genetic cause is being sought, so far with little success. The most widely held theory for nearly all kinds of mental illness is it is due to a chemical imbalance in the brain.

I find this fascinating since no patient these days avoids the use of chemicals from first diagnosis, often till death. So how do psychiatrists determine that there is a chemical imbalance when the brains of mental patients have been bombarded with powerful chemicals from the beginning? What is even more disturbing about this theory is that if the drugs themselves have caused this imbalance, is that not good reason for stopping them?

Psychiatric drugs do not in any way cure the patient or even make him or her feel better. The side effects are appalling. They include the onset of neurological disorders. They include diabetes due to weight gain and innumerable minor and not so minor discomforts. It is

seldom claimed that the drugs are therapeutic: They merely mask symptoms – symptoms which probably were less troubling than the effects of the drugs.

The drugs do this by crudely interfering with the normal chemical makeup of the brain, making thought processes difficult and sleep (or unconsciousness that appears to be sleep) hard to avoid. Did you ever wonder why mental patients are like zombies? Well, there's your answer. Psychiatric drugs are making them feel ill and cause them to see the world with only half a brain. Drugs are the current historical sequel to long term institutionalization and chains – and lobotomy.

Basically psychiatry is a violent and intrusive way of controlling people who do not conform to other people's expectations – or those who are vulnerable. Remember that treatment is not voluntary once force is used. Mental patients do not have meaningful civil rights. In the UK, often they are not even allowed to vote. In "hospitals," "medication" is routinely administered by force if the patient refuses or is "non-compliant". Mental patients have no right to privacy even when living in the community: "Health" workers may go round neighbors asking about the "patient's" behavior, among other ploys. Medication is usually administered for a lifetime. There is no way anyone ever gets 'better' on psychiatric drugs. Being 'mentally ill' is a social status, not a medical condition. And the hospitals are merely prisons.

Why has psychiatry not been abandoned, since it is based on overt ignorance and involves obvious abuse? Why does the myth of mental illness persist?

Of course, we all suffer from time to time – usually depression resulting from life experience. There are various strategies which can be used to lift ones' spirits and improve one's health. They include exercise and diet. However, the idea of the mentally ill as a category of persons distinct from the rest of the human race continues. I think this happens partly because of vested interests: The companies that market the drugs, which are the current treatment, make vast profits exceeded only by share prices for Internet companies. It is in the interest of these drug companies and their shareholders, which include many doctors, that psychiatry widen its net, constantly bringing more and more people into the sphere of those who are forced to ingest psychiatric drugs for the rest of their lives. Their motives and their lack of a sense of social responsibility are like those of the tobacco companies.

A drug has recently been developed which makes people less shy. Suddenly a new illness, a new diagnosis, was created to make use of this drug: "social phobia." Now people are being diagnosed with this and – surprise! surprise! – are prescribed this new drug. The need to sell this drug and make a profit actually created the diagnosis! Tobacco companies do not need to force their customers to smoke since tobacco is highly addictive.

Most people find psychiatric drugs almost intolerable. So drug advocates create such fear and paranoia concerning mentally ill people (who are statistically considerably less dangerous to others than the general population) that a hysterical policy of containment and

pharmacological control of mental patients is adopted and enforced.

Some researchers search for the causes of mental illness, particularly schizophrenia, ad infinitum. Science is nowhere nearer to understanding it than when it was first defined. Based on considerable experience and with great confidence, I argue that the whole course of this "illness" is created by the way it is "treated." It is the confinement, the stigmatization, the ignorance, the physical and emotional abuse, the drugs, the prejudice of employers and consequent poverty, and the overbearing attitude of psychiatrists and others that cause this "illness." For most people, mental illness has a career path from which there is no escape.

There is a vast industry profiting financially from the abject misery of mental patients whose problems are exacerbated by an effort to create hysteria, thereby making them outcasts. This makes sense of the otherwise cruel and senseless profession of psychiatry. The mentally ill are an essential part of what supports a very profitable psychiatric drug manufacturing industry. And psychiatry maintains the status quo by drugging into oblivion those who challenge it.

I'm not saying there are not vulnerable individuals, individuals with problems, and unhappy people – even people who are not healthy. But I am saying that conventional western psychiatry does not even attempt to cure them but simply to contain them and perpetuate them as "patients." Secondly, western psychiatry often creates problems, such as in the case of schizophrenia,

where there were none before, by its attitude and it's "treatment."

The widening grip of psychiatry also has been at the expense of less intrusive, more friendly and wholesome approaches to helping mentally or emotionally troubled people. What might be a temporary problem due to some minor upset or even a mistaken diagnosis, psychiatry can and usually does convert into a dramatic condition which requires a lifetime of treatment. This damages the individual to the core of his being.

The mentally ill are not more dangerous than anyone else despite the way they are mistreated. Paranoid schizophrenia is a logical response to psychiatric treatment and not the result of some unfortunate genetic modification. Any fool should be able to understand this, but try explaining it to a psychiatrist! It makes more sense to them what the temperature was outside when you were born. Who is mad here – psychiatry's patients or its defenders?

How Sixth Sense Works?

The term "sixth sense" is often used in a colloquial or metaphoric sense to describe an intuitive or extrasensory perception beyond the commonly recognized five senses (sight, hearing, touch, taste, and smell). However, when people refer to a "sixth sense" in a more literal or supernatural context, they might be describing various phenomena, each with its own set of explanations or beliefs:

1. Intuition: In a non-supernatural sense, people sometimes refer to intuition as a sixth sense. Intuition involves the ability to understand or know something without the need for conscious reasoning. It's often based on accumulated knowledge, experience, and subconscious processing of information.

2. Extrasensory Perception (ESP): Some people claim to have extrasensory abilities, such as telepathy (mind-to-mind communication), clairvoyance (perceiving events or information beyond normal sensory contact), or precognition (predicting future events). These claims are typically associated with paranormal or psychic phenomena, but they lack empirical scientific support.

3. Sensory Expansion: Technological advancements have allowed humans to extend their sensory capabilities beyond the natural senses. For example, devices like infrared cameras can detect heat, enabling humans to "see" in the dark. While not a traditional sense, such technologies can be considered extensions of human perception.

It's important to note that claims of a supernatural or paranormal sixth sense often lack empirical evidence and are often considered pseudoscientific. Scientific investigations into phenomena like ESP have not produced consistent and reproducible results.

The Best Power Tool and the Survival of Humans

"You know how you survive? You make people need you. You survive because you make them need what you have. And then they have no where else to go."

- Bill Gates (Pirates of Silicon Valley)

"I totally figured it out man… I figured it out, I know what it's all about, you know what it's all about? It's about power. It's like those weird countries man, where the army guys overthrow the president. And the first thing they take over are the ways people communicate, ya know? Radio, TV, Newspapers… Information is power…"

- Steve Jobs (Pirates of Silicon Valley)

"When people can concentrate on whole processes, their work is more interesting and challenging. Simple tasks will disappear, or be automated or built into a bigger process. Work that involves repeating the same task over and over again is exactly what computers and other machines are best at—and what human workers are poorly suited to and almost always hate. Managing a process instead of performing a task makes someone a knowledge worker, and good digital information flow enables knowledge workers to play their unique roles."

- Bill Gates (Business at the Speed of Thought)

"You can give people tasks and authority, but without information they can't do anything. Knowledge is the best power tool."

- Bill Gates (Business at the Speed of Thought)

“Human beings are not the biggest animals, the strongest or fastest, or the sharpest in sight or smell. We survived and grew successful because of our brains. We learned how to use tools, to build shelter, to invent agriculture, to keep farm animals, to develop civilization and culture, to cure and prevent disease. Our tools and technologies have helped us to shape the environment around us.”

- Bill Gates (Business at the Speed of Thought)

“Digital tools extend the abilities that make us unique in the world: the ability to think, the ability to express our thoughts, the ability to work together to act on those thoughts. I strongly believe that if companies give their employees the power to solve problems, and give them powerful tools to do this with, they will always be amazed at how much creative and independent thinking will appear.”

- Bill Gates (Business at the Speed of Thought)

“Knowledge is the key link between you and what you desire. The richest king that ever lived was Solomon. When God asked him what was the one thing hekwanted, Solomon asked for wisdom. God said that since Solomon did not ask for riches and honor, he would grant Solomon riches and honor along with the wisdom he asked for.

Solomon’s kingdom prospered and flourished so greatly that all his neighbors submitted to him and he had peace on every side. He didn’t have to engage in constant

warfare in order to secure peace and power. He was practically the ruler of the entire world without resistance! How did he do it? It was because he sought the principle thing which was wisdom and knowledge. When you seek wisdom and knowledge continually, you will eventually have everything you desire in life!"

- Enoch Mind Reality

Leaders are readers. You never find leaders saying that they had enough of reading, especially the best knowledge in the world. One of the world's richest men Bill Gates says that he seeks to read almost one book per day. If even someone as busy as him reads so much, it says a lot about the secret to abundance, power and happiness!"

- Enoch Mind Reality

"All ancient books which have once been called sacred by man, will have their lasting place in the history of mankind, and those who possess the courage, the perseverance, and the self-denial of the true miner, and of the true scholar, will find even in the darkest and dustiest shafts what they are seeking for,–real nuggets of thought, and precious jewels of faith and hope."

- Max Muller, Introduction to the Upanishads Vol. II.

The Law of Confusion is Essential for Freewill

The Law of confusion is a universal law that allows confusion to be used by living entities such as Humans,

Angels, Aliens, for the purpose of confusing and deception and of course the service to self-agenda any being might have in order to advance their personal class standing of the power structure in which they live.

The Universal Law of Confusion is a tool used in the Unitron Matrix in order to bring about chaos and dysfunction of many other systems associated in the system of being that the above listed entities might be dwelling within, be they Human or otherwise.

The Universal Laws have their jurisdiction in any and all living systems of any kind be they Earthly or Alien. This universal Law brings about many manifestations within whichever system it may be working within.

Simply put, the Law of Confusion will drive a living being to seeking the other Universal Laws such as the Law of One, which also can be labeled the Law of God, because God is one. This Law of Confusion will also drive a being to seek the Law of Attraction through seeking when the being becomes tired of the confusion factor.

Manifestations start occurring to the being when the being starts seeking answers to the confusion. These manifestations will lead the seeker into other universal concepts such as the keys to the Kingdom. Which Kingdom? The Kingdom of Light of which every living thing is already a part of either with your knowledge or without your knowledge, you are still a part of the Kingdom of Light as we are made up of Light.

The Law of Confusion is a simple tool that destroys and degrades. The Law of Confusion is essential for there to be free will beings in a free will environment. The Law is for one primary purpose, to drive people to the act of seeking. And it is wonderfully effective in doing that.

That is the simple explanation of the Law of Confusion as I understand it's purpose and structure.

This Law of Confusion is right now bringing down the world system of power that uses it every day for their advantage. This is why the government today is so in your face with the evil and crime they also advance as their agenda for confusion purposes.

This is the reason for the fear the continuously pump out to us, to confuse us a little more to keep us from becoming balanced beings because of the fear and confusion factor.

The governments know if they can keep us out of balance and full of confusion they will continue in their power structure. But the fact of the matter that there is another universal Law they have not been able to get around or do not have an answer for is the Law of Reciprocity which also is now coming into play big time here on Earth.

The Law of Reciprocity means the exchanging of information or the exchanging of other things from one being to another freely with no charges or strings

attached. This Law is also sometimes called the Law of Giving and that is also a good name for it.

The Law of Reciprocity is a Law that anytime you give something freely you will get something back freely in exchange, and it always works.

And the thing you get back will be tailor made for you at the exact perfect time you need it. You cannot out give the Universe/God.

The Law of Reciprocity or Giving and the Law of Confusion is right now destroying the current world system and will be part of why all this shit comes to a change because it must. These universal Laws all have one thing in common, they all have built in fail safe patterns of change for the better, change for progression not regression. They have a seeking the next higher level of consciousness built into them through the most powerful Law of all, the Law of Love, and this circles back to the Law of One or the Law of God.

How to make yourself happy when you feel so unwanted?

1. Every time you find yourself worrying about what others think of you, you're just wasting your time.
2. Sometimes you need to give up on people, not because you don't care but because they don't.
3. You can't always be strong but you should always be brave.

4. No matter how good of a heart you've, eventually you gotta start treating people how they've treated you.
5. Nobody watches you harder than those rooting for you to fail . Give them a spectacular show. Learn when to be emotional and when to be rational.
6. Reclaim your body, your breath , your voice, your time instead of sitting back and waiting for others to do right for you
7. Motivation is what convinces you to change your life at midnight.

What are some of the best psychological tricks for teenagers?

Teenage years are considered to be the best and worst Years of a person's life. Because it gives you both all in one.

1. If you're not happy with your single life, then you won't be happy in your relationship too.
2. Remember everyone's name if you want to be popular.
3. If you think someone doesn't care for you, ask him or her to borrow their pen or pencil.
4. Reveal your flaws from time to time.
5. if you're not sure how a person you're interacting with feels about you, act like you like them and they'll probably like you back.
6. letting someone share a story or two about their life instead of blabbing about yours

could give them more positive memories of your interaction.

7. For great mental and physical health, breaking study into bite-sized chunks of 20-minute study blocks is recommended.
8. Use Brain Training to Ignore Distractions - As Easy as ABC.
9. Before study starts, turning off internet access is another smart way to minimize distractions. No more YouTube videos of kittens, or social media alerts.
10. Making a checklist of everything you need on hand for an effective study session is a good starting point.

How do you know if someone is mature or not?

• A person is mature when they stop complaining and be more accepting.

• A person is mature when they start understanding others point of view.

• A person is mature when they stop craving for other's attention.

• A person is mature when they stop trying to force other people to be with them.

• A person is mature when they stop blaming others for everything and start taking responsibilities.

• A person is mature when they takes criticism with a smile and tries to work on it.

He is a mature person who laughs off the envious.

He is a mature person who keeps smiling despite being used by loved ones.

Basic Economic Laws

How Supply and Demand Determine Price

There are four basic laws that describe how supply and demand influence the price of a product:

1) If the supply increases and demand stays the same, the price will go down.

2) If the supply decreases and demand stays the same, the price will go up.

3) If the supply stays the same and demand increases, the price will go up.

4) If the supply stays the same and demand decreases, the price will go down.

Here are some things that can change demand:

• Income - If people have more money, the demand for products can increase.

• Population - As the population increases, there are more buyers. This will increase demand.

• Customer preference - Customers may no longer want a product, reducing the demand.

• Changes in competition - If the competitors of a product increase their price, then the demand for your product may increase.

Here are some things that can change supply:

• Number of sellers - If the number of sellers increases, then the supply will increase.

• Technology - Improvements in manufacturing can increase supply.

• Resources - If resources needed to build a product are moved to another product, then supply will decrease.

• Costs of manufacturing - If the costs for making a product increase, the supply will decrease.

Stages of the Economic Cycle We will describe four of the basic stages of the economic cycle below:

1) expansion, 2) slowdown, 3) recession, and 4) recovery.

The current state of most economies can be described by one of the stages below.

Expansion Expansion is a time of strong economic growth. People tend to be the most optimistic during the expansion stage. Some economists called the expansion stage the "boom" stage. Indicators of the expansion stage include:

• New businesses opening and people investing in the stock market

• Wages increasing allowing people to make more money

• Lots of new jobs are created and unemployment drops • Overall consumer confidence is high

Slowdown At some point the rapid growth of the expansion stage has to come to an end. When the economy starts to slow, but is still growing, this is called the slowdown stage. Sometimes economists call a slowdown a "downturn" in the economy. Indicators of an economic slowdown include:

・ Interest rates on loans rise
・ Prices on goods may rise causing a higher rate of inflation ・ Stock market prices drop
・ Consumers begin to worry, causing them to save more and spend less
・ Businesses stop hiring new employees

Recession A recession is when the economy stops growing. Economists define a recession as two quarters in a row where the GDP (Gross Domestic Product) gets smaller. A lot of times a recession is started by some sort of major negative event. It could be something like a number of banks failing, a stock market crash, or even a terrorist attack (like in the 2001 9-11 attack). Indicators of an economic recession include:

・ Increase in companies going bankrupt
・ Increase in people losing their jobs and unemployment ・ Inflation slows down because people aren't spending their money
・ A decline in consumer confidence
・ A rise in the government deficit

Recovery When the economy starts to come out of a recession and begins to improve, this is called the recovery stage. Indicators of an economic recovery include:

・ Unemployment rates start to improve
・ An increase in new job openings
・ People start to increase their spending
・ Low interest rates
・ Companies begin to make better profits

How long does each stage of the cycle last? There is no set time on how long each stage will last. Sometimes countries languish for years in a very slow recovery.

Sometimes they experience a quick expansion and then immediately enter into a slowdown. In some cases, an economic cycle can skip the recession stage altogether and just enter into a long slowdown state. Economists call this a "soft landing."

Why do we need Taxes?

In order for the government to run, it needs money. The government gets its money by taxing its citizens. Taxes pay for all sorts of government jobs and services. Federal taxes help pay for national things like the president, the Congress, federal judges, and the military. State taxes pay for roads and the governor. County and city taxes help pay for schools, fire trucks, and the police. Without taxes, the government couldn't run and the country would be in chaos.

Types of Taxes There are all sorts of taxes that people and businesses have to pay. We've listed a few of them below. **Income Taxes** Income taxes are a percentage of the money someone makes on their job. In the United States, the more you make, the higher percentage you pay. There are different types of income tax including federal, state, and local income tax. Federal rates can be anywhere from 0% to 39.6% and state rates run from 0% to 13.3%. In some states people can pay over 52% of their income in income taxes alone.

Property Taxes If you own property, like a house, then you probably have to pay property taxes. There is often a property tax from the county and the city. Property tax is usually a percentage of the current value of the house. If you own a $300,000 house and the tax is 3%, then each year you have to pay the government $9000 in taxes.

Sales Tax Sales tax is placed on all retail sales in many areas. Sometimes items like food or clothing are exempt from sales tax. Every time you buy something at a store and they add on the "tax" at the end, that's the sales tax. Sales tax varies depending on where you live from 1% to 10%.

Social Security Tax Another tax that comes out of a person's paycheck is social security tax. This tax is meant to help people when they retire. Once you get old enough you can start collecting a social security check. The current tax rate is 6.2% paid by the employee and 6.2% paid by the employer (if you have your own business you have to pay all 12.4%).

Medicare Tax Medicare tax comes out of your paycheck, too. It pays to help people age 65 and over who are sick and need medical care. Medicare tax rates are 1.45% for the employee or 2.35% (if you make a lot of money).

Corporate Taxes Businesses also have to pay all sorts of business taxes depending on how much profit they had.

Other Taxes There are lots of other taxes such as tariffs on imports, gift taxes, estate taxes, and unemployment taxes.

More or Less Taxes There is a constant argument in politics about whether taxes should be higher or lower. However, despite what politicians say, there really isn't one right answer. Think about it. If taxes were 0, then of course the government would get no money and that

wouldn't be good. However, what would happen if taxes were raised to 100%. How much money would the government get? It would get no money, because no one would want to work if the government took all their money. Therefore, there is some answer between 0% and 100% that is the best answer.

Interesting Facts about Taxes

• The federal agency that collects taxes is the Internal Revenue Service which is usually called the IRS.

• The federal government collected around $3.25 trillion in taxes in 2016 (source Wikipedia).

• The current tax code is really long; around 4 million words long! ** Any numbers are as of 2014. They are not official and should not be used for financial or tax planning.

6 Reasons To Step Outside Your Comfort Zone

By Carolyn Gregoire

Many of us think of the "comfort zone" as a relic of '80s motivational psychology and a tag line on cheesy corporate "reach for success" posters. But in fact, the comfort zone is a useful psychological concept that can

help you embrace risk and make changes in your life that can lead to real personal growth.

The comfort zone, as defined by Lifehacker, is a "behavioral space where your activities and behaviors fit a routine and pattern that minimizes stress and risk" — the operative words here being stress and risk. In our comfort zone, there is a sense of familiarity, security and certainty. When we step outside of our comfort zone, we're taking a risk, and opening ourselves up to the possibility of stress and anxiety; we're not quite sure what will happen and how we'll react.

We've come to see stress as a dirty word — and for good reason — but a little bit of healthy stress can actually act as a catalyst for growth and provide a powerful motivation to act.

Within our comfort zones, generally speaking, there's little stress. According to one theory, the term comfort zone originated in reference to the temperature zone (67 to 78 degrees) where we're most comfortable, and feel neither hot nor cold. Psychologically, our comfort zone is the place we're most at home.

While staying in your comfort zone can result in consistent, steady performance, stepping out of your comfort zone into a new and challenging task can create the conditions for optimal performance. Think about it: Did you ever do something you were really proud of when you were in autopilot mode?

"In an increasingly competitive, cautious and accelerated world, those who are willing to take risks, step out of their comfort zone and into the discomfort of uncertainty will be those who will reap the biggest rewards," Margie Warrell writes in Forbes.

Here's why we struggle to step outside our comfort zones — and how we stand to benefit when we do.

We're wired to seek out comfort, which is why it's so hard to let it go.

Humans are creatures of comfort. Our comfort zone is our natural, neutral state — a place where stress and anxiety are minimal, where we know what's coming next and can plan accordingly.

There's nothing wrong with being in your comfort zone, unless you get too comfortable and start holding yourself back instead of challenging yourself to learn, grow and try new things.

"Being slightly uncomfortable, whether or not by choice, can push us to achieve goals we never thought we could. But it's important to remember that we don't need to challenge ourselves and be productive all the time," as Alina Tugend put it in the New York Times . "It's good to step out of our comfort zone. But it's also good to be able to go back in."

Challenging yourself can help you perform at your peak.

Stepping outside one's comfort zone is an important, and almost universal, factor in personal growth. How can we expect to evolve in our lives and careers if we only stick to habit and routine? Reaching new heights involves the risk of attempting something we might not succeed at.

A little anxiety can help us perform at our peak, psychologists have found — in other words, when we challenge ourselves, we tend to rise to the occasion.

Taking risks is what helps us grow.

As children, we're natural risk-takers. But as we get older and learn to fear failure, we start holding ourselves back and attempting fewer new things.

This comes at a high cost to our tremendous potential for lifelong growth and transformation.

"We pay a heavy price for our fear of failure," the author John Gardner wrote in *Self-Renewal*. "It is a powerful obstacle to growth. It assures the progressive narrowing of the personality and prevents exploration and experimentation. There is no learning without some difficulty and fumbling. If you want to keep on learning, you must keep on risking failure — all your life. It's as simple as that."

Trying new things can make you more creative.

Creativity is innately risky — when we share creative work, we open ourselves up to vulnerability and possible rejection. At the same time, risking failure increases the possibility of great creative achievement.

"Creatives fail and the really good ones fail often," Forbes contributor Steven Kotler wrote in a piece about Einstein.

Stepping out of your comfort zone even once makes it easier and more likely that you'll do it again. Case in point: 2012 research found that studying abroad resulted in boosts in students' creativity. Students who spent a semester in Spain or Senegal scored higher on two different tests of creativity than students who did not study abroad.

In becoming a person who regularly takes calculated risks, challenges yourself, and tries new things, you'll cultivate openness to experience, one of what's known in psychology as the "Big Five" personality traits. Openness

to experience — which is characterized by qualities like intellectual curiosity, imagination, emotional and fantasy interests, and a drive to explore one's inner and outer lives — has been shown to be the best predictor of creative achievement.

Embracing new challenges can help you age better.

Our comfort zones tend to shrink as we get older — but if we can keep expanding them, we'll open ourselves up to greater fulfillment and improved well-being as we age. A 2013 study found that learning new and demanding life skills, while also maintaining a strong social network, can help us stay mentally sharp as we get older.

"The findings suggest that engagement alone is not enough," the study's lead researcher Denise Park, a psychologist at the University of Texas, told the American Psychological Association. "The three learning groups were pushed very hard to keep learning more and mastering more tasks and skills. Only the groups that were confronted with continuous and prolonged mental challenge improved."

But don't push yourself too far.

A famous experiment conducted on mice in 1908 by Robert M. Yerkes and John D. Dodson found that stimulation could improve performance, but only to a certain extent. Performance was improved up to the level of "optimal anxiety" — beyond that level, there was too much stress, and performance dropped. What's now called the "Yerkes-Dodson Law" refers to the curve of performance peaking at the point of optimal anxiety, and lowering with both too little and too much anxiety.

"When demands become too great for us to handle, when the pressure overwhelms us, too much to do with too little time or support, we enter the zone of bad stress," author Daniel Goleman writes in Psychology Today. "Just beyond the optimal zone at the top or the performance arc, there is a tipping point where the brain secretes too many stress hormones, and they start to interfere with our ability to work well, to learn, to innovate, to listen, and to plan effectively."

Clearly, too much stress and anxiety can be paralyzing. Stress reduces productivity and stifles creativity — not to mention contributing to a number of physical and mental health problems.

10 Ways to Become More Conscious

Previously I wrote about 14 Reasons to Become More Conscious. Now let's explore the how. What does it mean to become more conscious? It is the progressive realization of conscious mastery over your mind. The challenge is that it takes consciousness to grow consciousness. But you needn't worry about this because you already have the seed. Think of it like fire. You have a flame, and you want to turn that flame into a huge blaze. How do you do it? You add fuel. The following list includes examples of how you can add fuel to your flame of consciousness to become a raging inferno of consciousness. Well, OK, the analogy sort of falls apart there, but you get the idea. So here are 10 ways to raise your consciousness:

1. Truth:

Truth raises your consciousness. Falsehood lowers it. First, accept the truth. Whatever you're afraid to know

lowers your consciousness. Step on the scale to see how much you weigh. Have a long talk with your spouse about the status of your relationship. Take a deep look at your career. In every case accept the outcome. Don't just acknowledge the current status and dismiss it. Really accept it as the truth. Think about what it means for this to be true. Also accept your feelings about the truth, whether you like them or not. Secondly, speak the truth. If honesty is a challenge for you, it's because you aren't being honest enough with yourself. Lies you tell others are shadowed by lies you tell yourself. Take note of those areas where you feel incapable of genuine honesty, and dig deep enough to find out why. You'll find that you uncover a part of yourself you've been unwilling to accept. You don't lie about the parts of yourself you accept 100%. The more you're able to accept and speak the truth, the more conscious you become. Raise your consciousness by uncovering and dumping all traces of falsehood from your life. Allow this to be a gradual process. As your consciousness increases, genuine honesty will come more easily to you. Yes, there may be consequences when you switch from lies and half-truths to the full truth, but highly conscious people know that crossing that bridge is well worth the effect. A short-term adjustment is nothing compared to the joys of living honestly and openly. It's so much easier and less stressful to be yourself and allow others to do the same. Not everyone will appreciate the real you, especially if they've grown accustomed to a false version, but that won't matter once you accept and appreciate yourself.

2. Courage:

Courage raises your consciousness. Cowardice lowers it. Courage is the gatekeeper between unconscious growth and conscious growth. As long as you remain on the unconscious side, life will keep throwing problems at you until you step up and take charge. When you face your fear, the fear vanishes, and problems transform into opportunities. But when you run from your problems, your fear only grows. A powerful guiding principle to adopt is, "Whatever I fear, I must face." The more fears you face down, the more conscious you become. As you master this lesson, eventually courage becomes less necessary. Once you develop the courage to face any fear life throws at you, you stop attracting so many fear-based experiences into your life. This is why courage is the dividing line between unconscious growth and conscious growth. The mastery of courage gives you the power to decide how you'll grow instead of being a victim of the whims of fate.

3. Compassion:

Compassion raises your consciousness. Cruelty lowers it. A great way to become more conscious is to search for signs of unconscious cruelty and disconnection in your life. This can be very difficult to do since it also requires courage. We naturally resist facing our own cruelty, but it's there just waiting to be uncovered. Compassion is the root of unconditional love, a feeling of connectedness with everything that exists. Do you feel connected to yourself? To others? To animals? To all living things? To everything that exists? The more you develop this connection, the more conscious and aware you become.

4. Desire:

Desire raises your consciousness. Apathy lowers it. When you get clear about what you want, such as by setting a goal, you raise your consciousness. Clarity focuses your mind and gives you the power to think and act intelligently. You can feel this effect whenever you think about something you definitely want. On the other hand, when your desire is unclear, your consciousness is muddled. Your thoughts lack focus and direction, and you merely spin your wheels. Strive to become more clear about what you truly desire most, and your consciousness will expand.

5. Attention:

Attention raises your consciousness. Distraction lowers it. Improving your ability to concentrate will make you more conscious. Pick up a rock and give it your full and complete attention, and notice what happens. But allow your mind to be riddled with distractions, and your consciousness will sink. A distracted mind is a powerless mind. Meditation is a great way to practice attention and concentration. Sit quietly, breathe deeply, and focus your mind as you do your best to tune out distracting thoughts. This is simple to learn, but it can take a lifetime to master.

6. Knowledge:

Knowledge raises your consciousness. Ignorance lowers it. First and foremost, know thyself. Think deeply about your life, and keep a journal to record your thoughts. Ask questions to which you don't know the answer, and then search for those answers. Look around you as well, and soak up knowledge like a sponge. Interact with your environment with a sense of curiosity and wonder. Study it. Learn from it. Experiment with it. Strive to understand

reality, including your role in it, as accurately as possible. The more accurate your beliefs about reality are, the more conscious you become.

7. Reason:

Reason raises your consciousness. Irrationality lowers it. Logic is a powerful tool of consciousness when used correctly. It lends structure and substance to thought. However, the great challenge of logic is the avoidance of false assumptions. A single false assumption can throw off a lifetime of otherwise logical conclusions. So challenge all of your beliefs, and never have too much certainty about those that rest on clouds.

8. Conscious people:

Conscious people raise your consciousness. Unconscious people lower it. Seek out others you perceive to be at a higher level of consciousness than you are. Talk to them, ask questions, and enjoy their presence. Allow their ideas and awareness to infect you, and you'll find yourself expanding in all directions. You'll become more honest, more courageous, more compassionate, and so on. But spend time with people at a lower level of consciousness, and you'll gradually sink to their level. Their thoughts will infect you as well, causing you to become more dishonest, more fearful, more apathetic, etc. Strive to find a balance between spending time with those who raise your consciousness vs. spending time with those you can help. Learn from those who are a little more conscious, and help those who

are a little less conscious than you. In this manner you serve the highest good of all, expanding consciousness everywhere.

9. Energy:

Energy raises your consciousness. Disease lowers it. Take care of your physical body, for it is your primary means of interacting with the world. Energy gives you an ongoing flow of vital life experiences. But without energy you starve your consciousness. Eat with an awareness of what you're consuming. Exercise with an awareness of how you're affecting your body and mind. Before putting anything in your body, consider its effect on your energy, not just in the short term but in the long term as well. Always ask yourself, "Will this produce energy or disease?"

10. Intention:

The intention to raise your consciousness raises it. The intention to lower your consciousness lowers it. Consciousness has the capacity to self-expand or self-contract, just as you have the capacity to grow or to commit suicide. In any given moment, you have the freedom of choice. By genuinely voicing the intention (or by offering the prayer), "I intend to become more conscious and aware," you will initiate the expansion of your consciousness. Holding the intention to improve in any of the previous nine areas will yield a similar effect. Alternatively, you are perfectly free to lower your consciousness at any time. While it's unlikely you would choose to do so directly, you can achieve the same effect indirectly by lowering your performance in any of the previous nine areas. By choosing to lie, to succumb to fear, to commit acts of cruelty, to remain ignorant, and so on, you put out the intention to lower your consciousness. And in so doing, you initiate a process that will attract more falsehood, fear, cruelty, ignorance,

etc. into your life. Every thought you hold serves to either expand or contract your consciousness. There is no neutral. So choose wisely.

Desire Force and Belief in God Creates Miracles

There are times when things seem so down and you feel that everything is against you. That is when calling upon the power of a higher divinity might be of help. There are higher forces in the universe that are ready to help you when you call upon them. You are not alone in this world. There are beings of power willing to assist you when you most need them to. This is a greater community and help is never too far away Personal connection is where you are relating with the Personal Aspect of God. You know that He is your Father and is there listening to you. This personal awareness lets you know there is a loving force. God is not just some impersonal entity up there that doesn't care about your personal needs or troubles. God manifests as a divine personality. You can know that this personality loves you and cares for you personally. Prayer is the soul's sincere desire unuttered or unexpressed. It is the motion of a hidden fire that trembles in the breasts. Real prayer is prayer with feeling. When you pray without feeling, you are just praying vain repetition of words. A short prayer with intense feeling has greater power than long prayer of many words. In the science of manifestation, emotional yearning creates a miracle. Often when there is a great need felt for something, the supply comes quickly. You can cry out to God and he hears. There is a reason why Jesus said that certain things can only happen by prayer and fasting. That is because

the manifestation of a certain vision depends on whether the desire for it is strong enough. When you fast, you feel hunger, and that hunger is a feeling of desire. That feeling of desire is being felt when you pray and can be linked with the thing you are praying for. When you eat and are full, you are feeling satisfied. You hardly feel much desire force when you pray from such a state. Fasting helps by creating a feeling of desire that comes from a state of hunger. Of course you may pray without fasting if you can generate the feeling of desire strongly enough for what you pray for. Fasting is just a form that helps to create a certain state. The essence is the feeling of desire that is sufficiently strong for effective and fervent prayer. Believe in the grace of God. Grace is unmerited and unearned favor. Right now it doesn't matter what you did or didn't do. If you think that you can or cannot get what you want because of your self-efforts, then it isn't grace but flesh. You wouldn't need to call upon divine grace when you could get what you want by your own actions already. In divine grace, there are no mistakes. Bad circumstances can be turned around through miraculous ways. You must believe in grace in order to receive undeserved result. Believe in the power of His Word. The Word of God itself has power, but when you put your faith in it, its power becomes active for you. The Word of God says that itself is quick and powerful. Do not just think about the Word of God but be conscious and aware of its power. Your perception of a thing brings out its corresponding effect that you will experience. See the good in people and you will experience good from them. Therefore, be conscious of the Power of the Word that truly exists within itself for

use. The Word says that as He is, so are you in this world. That means that you have all the fullness, nature and power of God in this physical time-space reality. See yourself as who you really are which is powerful, abundant and well. You are limitless and all sufficient in your true state. As you are, so is your world. All higher manifestations come from a place of Being. You cannot have what
you are not Being. Both inner and outer worlds are one. You have the power to command all the forces of the universe. You can still believe in the power of God when you are starting to doubt your own power. The reason why there seems to be a duality between your own power and the power of some outside force apart from you, is so that you never run out of options. If you do not believe in the power of an outside source, you can believe in your own power. If you do not believe in your own power, you can believe in the power of an outside source. The situation of powerlessness is when you do not believe in any power. You shall find God when you seek him with all your heart. The reason why God doesn't exist in full manifestation automatically for you is because you create your own reality. You are the one that determines how much of God you experience. The intensity of your intent determines the strength of its manifestation. The movement of Spirit is the immense inner forces of your soul, the subconscious mind. God is an inner experience. You have to feel your way to God. Let your seeking be feeling and emotion. It is ok to have some fear when you have desire because desire and fear

are opposite polarities of the same thing. When you do not desire something strongly enough, you have no fear. Magnetism creates attracting and repulsion forces. Do not worry about your fear. As long as your attracting force is stronger than your resisting force, you will still pull what you want towards you. No desires equal no fear. It is the counter intuitive truth that when you desire strongly even with some fear, it can still come.

How to Use Your Positive Memories To Boost Mental Health and Prevent Depression

When you think back on your life throughout your day, are you more likely to revisit "positive memories" or "negative memories?" According to a new study published in *Nature Human Behavior*, recalling positive memories may play an important role in managing stress, preventing depressive symptoms, and boosting our mental health overall. Researchers set up an experiment where participants were shown either a "positive" or "negative" word on a screen, and were then asked to recall a specific autobiographical memory from their past that was related to that word. By doing this, researchers prompted individuals to either think of pleasant memories from their past or unpleasant memories. Psychologists discovered that individuals who were better able to recall a specific positive memory from their past were more likely to report fewer negative self-related thoughts, lower morning cortisol levels (the hormone that creates stress), and less depressive symptoms overall. They did a follow-up 12 months later

and found similar results. The study theorizes that thinking back on specific "positive memories" can help build resilience to stressful events and reduce vulnerability to depression later in life (especially in young people). One potential limitation of this study is that people who are less susceptible to stress and depression are already really good at thinking back on "positive memories" – or they simply have more "positive memories" to draw from in their life experiences. However, another study published in *Clinical Psychology Review* suggests that individuals can be *trained* to better recall positive memories from their past. It is well-known that individuals, especially those prone to depression, are more likely to have a *negativity bias*. This means our minds have a tendency to focus more on negative memories and negative thinking, because that's generally a sign that something needs to be "fixed" and our minds want to solve it (minds are natural problem-solvers). In other words, positive thinking doesn't always come naturally to people, which is why it's important for some people to take active steps to re-focus on the positive in their lives rather than keep dwelling on the negative.

Everyone has "positive memories" from their past – whether big or small. No one goes through life with literally *nothing* good happening to them. The trick is to put in the time and effort to actively recall these positive memories, write them down, cherish them, and use them as a resource when we need to lift our spirits. The ability to think back on "positive memories" is important for a variety of reasons: · Positive memories

are an instant source of positive emotions like joy, inspiration, and/or gratitude.

· Positive memories are evidence that you are *capable* of happiness and good things happening to you.

· Positive memories can be used as a learning experience to find out what may bring you happiness in the future.

· Positive memories give you a more balanced view of your life story, especially if you only focus on the negative ones. I recommend everyone create a "List of Positive Memories" and save it somewhere, especially if you struggle with negative moods and negative emotions. Mental Health Exercise: Create a document on your computer and spend just a few minutes writing down whatever positive memories come to your mind. It could be anything big or small: a family vacation you enjoyed as a kid, that time you and your friends had a wild and fun night in college, getting an A+ in that math class, your first kiss, playing that awesome video game from your childhood, or anything that comes to you. When starting out with your "List of Positive Memories," you might find it very difficult. But stick with it. If it helps, think back to just something good that happened to you this week: that delicious lunch, that calm walk through nature after work, being able to spend time with your dog/cat/pet.

If the only "positive memories" you can think of seem small or trivial, write them down anyway. You need to get the "positivity ball" rolling and then other positive memories will begin to come more naturally to you. You can always revisit your "List of Positive Memories" at a later date and add new things as they

come to you. Another good idea is to ask your friends or family to recall their positive memories with you. They are likely able to think of events that you have completely forgotten about over the years. As you continue to build your "List of Positive Memories" over-time, it can become an extremely valuable resource for happiness, motivation, and inspiration. You can also take your list and borrow Tim Ferris' idea of creating a Jar of Awesome to draw from when you need an extra boost in your life. It may take some work, but it's worth it to put in the time to actively recall and build your list. Of course, I'm not one of those people that think you need to fake positivity all-the-time. I'm fully aware that we should give ourselves permission to be negative every now and then. Being able to accept (and even embrace) negative emotions is an important part of mental health and emotional intelligence. At the same time, some people need to give themselves **permission to be positive** as well. Some people get so comfortable with being negative all-the-time, that they forget all the good things that have happened to them. Positive thinking doesn't come naturally to everyone, so it's important that some people put in the time and effort to get their minds thinking in a new direction. This is one effective way to begin doing that!

9 Steps to Manifest Anything You Want

Step 1: Get Clear on What You Want

Start by getting clear on what you want out of life. Grab a pen and a piece of paper and do a brain dump of everything you want for your life. Be as specific as possible when it comes to articulating each wish. So instead of writing "I want to have a successful career," write something like "I want to earn six-figures coaching five clients by the end of this year".

Step 2: Uncover Your Why

Once you've determined what you want, ask yourself why you want these things for yourself. This way, you can ensure you *truly* want what you think you want—and for the right reasons. Sometimes, we want certain things because we are influenced by others. Knowing what's true for us and uncovering if the things we want in our lives, are what we really want is an important part of the manifesting process.

Here are a few questions to ask yourself to help guide this discovery:

- Is this really and truly what I want?
- How will I benefit in my life from having this?
- Why do I want this?
- When I think of having this, how do I feel?

Step 3: Ask For It

Now that you've clearly identified what you want and why, it's time to hook your wish to a fishing line, cast it out to sea, and ask the universe for it. There's no one way to do this. Some people engage in prayer. Others meditate. Some write a letter to the universe. Others use vision boards. You can use your preferred method or a combination of all of them to put your request out there, but the important thing is to make it known—spoken, written, or otherwise.

There is major power in repetition, so declaring your dreams out loud many times a day, and writing it down over and over will help increase your manifesting power.

Step 4: Trust & Believe

Putting your desires out to the universe is all well and good, but belief and trust are two essential ingredients to manifesting your dreams. Even though it may feel hard at times to put your faith in something you can't see or know with certainty, it's critical to believe in order to receive from the universe.

You may have heard of the "Law of Attraction" and that's exactly what's at play when you're manifesting. The Law of Attraction refers to our ability to attract what we believe. So, if you believe good things will happen, you will attract good things. On the contrary, if you don't believe good things will happen…they won't. The moral of the story? Believe with all your heart that you can and will have what you desire.

Trust is also a big piece of the manifesting puzzle, because you have to be able to trust, even when things don't happen in your ideal timing. Trusting that you will get what you want, at the right time and letting go of resentment when it doesn't happen exactly when you wanted it to, is a part of the process.

Step 5: Take Action

You've made your wishes known and you've got the mindset to help you stay the course. Now it's time to take action. Simply sitting around and waiting for your dreams to appear isn't enough. By taking even the smallest action toward your dreams, you will increase your odds of manifesting them. We suggest making a daily practice of writing down 2-3 actions you'll take to bring you closer to your dreams and then checking them off at the end of the day. (Side note: who doesn't *love* the satisfaction of checking off completed to-do's?)

Step 6: Ditch What's Holding You Back

It's important to know that there will be bumps on the road to success. Challenges will arise as you move through the manifestation process, but foresight and awareness are the best way to combat them. Two of the most common challenges that can interfere with manifestation are a negative mindset and toxic people.

If you are finding yourself getting caught in a loop of self-doubt and limiting beliefs, try incorporating mindfulness and leveraging the power of positive

thinking. If it's others who are getting in your way (e.g. devaluing, critiquing, or undermining your goals and dreams), it may be time to insert some distance between you and them. By being vigilant and aware of forces that are energetically holding you back from manifesting your dreams you can address them, and move past them.

Check out our motivational hub for other ways to stay motivated as you practice manifesting.

Step 7: Reinforce Your Desires

There are tools you can use during the manifestation process to help you stay focused, positive, and committed to your dreams. A few of our favorites are:

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  - **Journaling** – Dedicate a journal specifically to manifesting your dreams and use it to write about them in elaborate detail as if they've already happened. For instance, if your dream is to become a published author, you might write, "My book [insert name of book] is a bestseller and has been endorsed by top book critics" or something to that effect.
  - **Affirmations** – Affirmations are a great way to keep your mind positive and your thoughts and actions intentional. Try reciting an affirmation to yourself each day or writing one over and over, like "I am

moving closer and closer to achieving my dreams."

- **Vision boards** – As we mentioned above, vision boards (a collection of images, photos, and quotes depicting your desires and goals for your life) are a great way to make your wishes known to the universe. They're also an excellent way to visualize your goals and dreams and keep them top of mind at all times.

Step 8: Acknowledge & Celebrate Your Progress
On your manifestation journey, it's crucial to acknowledge your progress. Two actions we recommend are:

1. Adopting a daily attitude of gratitude
2. Noting your wins (big and small) at the end of each day

You might also note signs of manifestation at work in your life, like overhearing conversations about your desires or themes related to your specific goals, or moments when you're feeling especially excited. These actions will remind you of the progress you're making each day to move in the direction of your dreams, and help you feel encouraged to keep the positive momentum going.

Step 9: Keep Your Vibes High

Remember that you attract what you believe, so make every effort to keep your internal vibration high and take care of yourself so you're in the best possible place to create desired change for yourself.

That means staying positive and prioritizing self-care. If time is an issue, there are self-care habits you can do in just 10 minutes that can make a huge difference in your mental resilience.

How Sound Bath Works And How Can We Get Benefit From It?

A sound bath is a therapeutic experience that involves immersing oneself in sound vibrations, typically produced by various instruments such as singing bowls, gongs, tuning forks, and other sound-producing tools. The goal is to create a meditative and relaxing environment that can have positive effects on physical, emotional, and mental well-being. Here's how it generally works and some potential benefits:

How it Works:

1. Vibrational Healing:

- Sound baths are based on the principle of vibrational healing. The idea is that the vibrations produced by sound can impact the body at a cellular level, promoting relaxation and balance.

2. Resonance and Frequency:

- Different instruments produce different frequencies and tones. The idea is that certain frequencies can resonate with specific parts of the body, promoting harmony and balance.

3. Brainwave States:

- The sounds used in a sound bath can influence brainwave states. For example, lower frequencies may encourage a shift into more relaxed states, such as alpha or theta brainwaves associated with meditation and deep relaxation.

4. Mind-Body Connection:

- The immersive nature of a sound bath encourages participants to focus on the present moment, fostering a mind-body connection. This can be conducive to stress reduction and a sense of well-being.

Potential Benefits:

1. Stress Reduction:

- The calming and meditative nature of sound baths can help reduce stress and anxiety. The sounds can induce a relaxation response, promoting a sense of tranquility.

2. Improved Sleep:

- Some people find that regular participation in sound baths can improve the quality of their sleep. The relaxation induced by the sounds may help with insomnia or sleep-related issues.

3. Emotional Release:

- Sound baths can be emotionally cathartic. The vibrations may help release emotional tension and promote a sense of emotional balance.

4. Mindfulness and Presence:

- Engaging in a sound bath encourages participants to be present in the moment, fostering mindfulness. This can have positive effects on mental well-being.

5. Physical Relaxation:

- The vibrations from sound instruments can penetrate the body, promoting muscle relaxation and potentially relieving physical tension.

How to Experience a Sound Bath:

1. Attend a Session:

- Many wellness centers, yoga studios, or sound healers offer group or individual sound bath sessions. Check local events or practitioners in your area.

2. Use Sound Bath Recordings:

- There are also recorded sound bath sessions available online. You can use headphones or speakers to immerse yourself in the sounds from the comfort of your home.

3. Create Your Own:

- If you have access to instruments like singing bowls or tuning forks, you can experiment with creating your own sound bath experience. Play the instruments in a way that feels soothing to you.

It's important to note that while many people find sound baths to be a positive and relaxing experience, individual responses can vary. If you have specific health concerns or conditions, it's advisable to consult with a healthcare professional before exploring alternative therapies like sound baths.

"Vortex" According To Abraham Hicks

According to Abraham-Hicks teachings, a "vortex" is a metaphorical term used to describe a vibrational state of being or a place where all the desires and manifestations that an individual has ever asked for are held in vibrational escrow. This concept is a central theme in their book "The Vortex: Where the Law of Attraction Assembles All Cooperative Relationships."

Here are key points related to the concept of the vortex according to Abraham-Hicks:

1. Vibrational State:

- The vortex represents a vibrational state of alignment and harmony. It is a place of pure positive energy where one is in vibrational resonance with their inner being or true self.

2. Holding Desires:

- The vortex is said to hold all the desires that an individual has ever expressed, whether consciously or unconsciously. This includes dreams, goals, and manifestations that are wanted or desired.

3. Emotional Alignment:

- Being in the vortex is associated with emotional alignment. When an individual feels positive emotions such as joy, love, and appreciation, it is an indication that they are in alignment with the vortex.

4. Alignment with Inner Being:

- The vortex is seen as a space where one is aligned with their inner being or higher self. It is a state of connection to the broader intelligence or consciousness beyond the physical self.

5. Manifestation Acceleration:

- Aligning with the vortex is believed to accelerate the manifestation of desires. By maintaining positive thoughts, focusing on what is wanted, and feeling good, individuals can bring their desires into physical reality more efficiently.

6. Emotional Guidance System:

- The concept of the vortex is closely tied to the Emotional Guidance System. Positive emotions are considered indicators of alignment with the vortex, while negative emotions signal resistance or misalignment.

7. Letting Go of Resistance:

- Resistance, in the form of negative thoughts, limiting beliefs, or feelings of lack, creates a gap between an individual's current experience and their desired manifestations. Letting go of resistance is essential for aligning with the vortex.

8. Present Moment Focus:

- Being in the vortex involves being present in the current moment. Dwelling on the past or worrying about the future can create resistance and hinder alignment.

Overall, the vortex is a conceptual tool used in Abraham-Hicks teachings to help individuals understand and work with the principles of the Law of Attraction. It emphasizes the power of positive thinking, emotional alignment, and the idea that individuals have the ability to shape their reality through their thoughts and feelings.

What are some psychological facts that people don't know?

1. If you didn't move for 15 minutes, you will fall asleep
2. Shy people are smart and more trustworthy
3. Being in love changes you
4. 97% of people write their own name when given a pen.
5. Having siblings is proven to help with getting along well with peers.
6. Food prepared by someone else tastes much better than your own preparation, even when you use the same recipe.
7. Smart people tend to have fewer mates than the average person. The smarter the individual, the more selective they become.
8. People who speak two languages can unintentionally change their personalities when they switch to speak from one language to another.
9. Studies also found that people who are in a position of influence and power are very poor in determining other people's emotions.
10. Studies say that travel improves brain wellbeing and even lowers a person's chance of heart disease and depression.
11. People read quicker with longer lines but prefer shorter lines.
12. Being happy around people makes you happier.
13. Money will buy happiness, but only to a certain extent.

Use your Feeling to Know Best Possible Future

Before making a choice, think about how you would feel after you have already made it. The key thing is to judge by how it feels and not how it looks or sounds. Feeling is the sense that perceives beyond what you see or hear. Even when something looks right, sounds right or logically seems right, but yet it somehow feels a bit off, learn to trust your feeling and find out what's not right. There is something you probably overlooked, and your logical mind may catch up when you explore what needs refinement.

Your feeling is your vibration. When you are experiencing something that is good for you, you will feel good about it. That is why to be happy and fulfilled in life, you have to do the things that make you feel good. When you do things that the world says is good for you, looks good, sounds good and even seems good in a logical way, but yet it doesn't feel good, you will feel dissatisfied, empty and disillusioned. Your purpose here is to live your calling by following the spirit which guides you by your truest feelings.

When you have several choices in mind that feel good to you, find the one that feels best. You may have to try them out one at a time in order to really know which one resonates with you the most. Remember that your spirit guides you to make the best choices in every moment. Which means what feels best now may not feel best later

or what doesn't feel best now may feel best later. So don't be confused about how your feelings change from time to time. Simply think about how you really feel and do it.

Is Our Fate Manipulated by False Controllers?

Posted by Noctis Enoch

I watched The Adjustment Bureau again. It is about the human race being watched over and manipulated by beings who can adjust fate and minds, and they serve the Chairman according to His Plan for them. One human managed to discover this truth and tries to escape his fate to create his own life. He has to outsmart those beings and manages to have the help of one of them. That "rebel angel" tells him the truth about how they operate as well as the fact that water can block out their ability to read people's decisions.

Similar to the Truman Show, The Adjustment Bureau tries to stop him from being with a girl that he loves (but not according to The Plan) and they create obstacles and "accidents" that make him decide to separate from her to keep her from being harmed. In the end, he manages to defy fate and be with her at the risk of being reset (artificially made mentally crazy). Then the Chairman rewrites The Plan to exclude them out of it so that they can live their lives according to freewill.

Are We in An Artificial World by An Artificial Creator?

I watched The Truman Show. It is about someone born in an artificial world created to make him the star of a TV show. Everyone else in it are actors. Everything in the environment are just props. He fell in love with one of the actress which is not the one intended for him to be with, and she tried to reveal the truth about his world but was taken away and fired. He was told that she was taken away by her father to another country. He ended up being married to the lead actress that Christof (the creator of the show) wanted him to marry.

Eventually, Truman discovered more and more clues that there was something very wrong about his world. At one point he manages to find out a certain area he wasn't supposed to go and saw the backstage setup with props and staff in it. He was quickly forced back out and was told they were doing renovations in that area. He was programmed since childhood to stay and not leave the world he was in. His fake geography teacher says there was nothing else that has already been discovered. His fake father was "killed" in a boat accident so he would always be afraid to leave by water. When he tried booking a flight, he was told there were no vacancies. When he wanted to take a bus, the bus driver would cause the bus to breakdown. He noticed that the people around him operate in a certain routine which was predictable and artificial. Whoever he talks to tells him

he is crazy to think those thoughts and tries to misdirect him back to normal life.

Finally, he tried to drive out of the country but there is a spontaneous traffic jam that develops. Then he pretended to change his mind and start to drive home. But then he suddenly changes his mind again and drive back to the same road and saw the traffic jam had disappeared, and so he drove out and even across the water through the bridge. On the other side, there was a sign that says forest fire. He ignored it and continued driving. A fire was artificially started across the road but he drove right through and was fine. But he met other obstacles that were artificially created that made him fail to leave.

In the end, he managed to get to the end of the world after almost being killed by artificial weather manipulation by the creator. He found that the boundary of the world was fake and he found an exit out of it. The creator spoke to him from the artificial sky through the PA system and told him that there was no more truth out there than there was in his world, but he would have nothing to fear by remaining in the creator's world and by the star there. Truman chose to leave and the audience who was watching the show cheered, and his lover in the outside world came running to look for him.

God’s Way of Saving You from Trouble into Abundance

New Age principles tells you to avoid people who are in distress, in lack and discontented. But In Islam, the concept of divine help and transformation in times of distress is deeply rooted in the teachings of the Qur'an and Hadith. The story of Prophet David (Dawud) serves as an inspiring example of how God supports those in hardship and elevates them to positions of honor.

When Prophet Dawud sought refuge in the cave of Adullam, he was joined by people who were suffering from various hardships—those in distress, debt, or discontent. Despite their initial state of suffering, these individuals found solace and leadership under Dawud. As mentioned in the Qur'an, Prophet Dawud's trials were met with God's assistance and ultimately led to his exaltation. His story reflects God's promise to uplift those who remain steadfast in their faith and seek His help.

The Qur'an emphasizes this theme of divine support and salvation from difficulties. In Surah Al-Ankabut (29:69), Allah says, "And those who strive for Us – We will surely guide them to Our ways. And indeed, Allah is with the doers of good." This verse highlights that through sincere effort and trust in God, individuals will receive guidance and relief from their trials.

Similarly, in times of hardship, the Prophet Muhammad (peace be upon him) taught that sincere prayer and patience are key to overcoming difficulties. In a Hadith reported by Abu Huraira, the Prophet said, "When Allah loves a servant, He tests him." (Sahih al-Bukhari) This Hadith indicates that trials are a means through which God tests and purifies believers, and those who remain patient and prayerful will ultimately find relief.

Moreover, Islam teaches that God's mercy encompasses all. In Surah Az-Zumar (39:53), Allah says, "Say, 'O My servants who have harmed yourselves by your own selves, do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful.'" This verse assures believers that regardless of their state, God's mercy is boundless and His grace is always available to those who turn to Him sincerely.

In summary, Islam teaches that in times of difficulty and distress, God’s support is ever-present. Believers are encouraged to remain steadfast, pray earnestly, and trust in God's wisdom and mercy, knowing that He can transform their situations and elevate them from hardship to a state of abundance and honor.

And the God of the Bible is amazing. David was in times of trouble and he attracted a whole bunch of people in distress, in lack and discontented. He praised the Lord and God saved all of them together. Those who were

with him in times of trouble were exalted together with him in times of honor.

1. Samuel 22:1-2 1 David therefore departed thence, and escaped to the cave Adullam: and when his brethren and all his father's house heard it, they went down thither to him. And every one that was in distress, and every one that was in debt, and every one that was discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.

Palms 34:1 « A Psalm of David, when he changed his behavior before Abimelech; who drove him away, and he departed. » I will bless the LORD at all times: his praise shall continually be in my mouth.

2.My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad.

3. O magnify the LORD with me, and let us exalt his name together.
4. I sought the LORD, and he heard me, and delivered me from all my fears.

5. They looked unto him, and were lightened: and their faces were not ashamed.

6. This poor man cried, and the LORD heard him, and saved him out of all his troubles.

Christ came to save the last, the lost and the least. He doesn't look to how righteous you are, how spiritual you are, or how much good Karma you have. He is there to lift you up with His grace and His gift of righteousness. He is the Good Shepherd.

The Spiritual Domain that Transcends the Domain of Karma and Destiny

In this world, Man's Fate is influenced by the Forces of Karma and Destiny. The Chinese are able to predict events by studying the patterns of Destiny in Feng Shui, Bazi, etc. The Buddhists say that Man's destiny is completely influenced by his Karma and there is no escaping it.

But yet, there is something beyond the realm of destiny that the Devil wants to blind most men from seeing.

The Realm of Destiny does Not create events on its own. The Realm of Destiny and Karma is like a holding pattern. People can predict events by observing the holding pattern. But it requires activity from the spiritual dimension to manifest it into events.

Examples:

1. The Bagua on its own does Not create events. A car number may have a Gua that has a pattern of a driver being angry and banging other people on the road. But that event is never going to happen until Evil Spirits use the Gua as a Doorway in Time and Space to influence the driver with angry thoughts and impulses to bang other people on the road.

2. Karma on its own does Not create events. A person may have Karma to have someone do something evil to him. But that evil event is never going to happen until Evil Spirits make use of that Karmic Pattern to go and

influence somebody out there to go and do an evil thing to that person.

Even in high level Buddhist teachings, it reveals that there is something that goes beyond Karma. But Satan will never fully reveal what that something is. The thing that goes beyond Karma and Destiny is the Domain of God and Satan.

Satanic New Age teachings want to put the Domain of God and Satan as under the Domain of an Impersonal Law Based Universe. But by observing the Word of God, and observing reality as much as possible, one will notice that there is a Personal God and a Devil that operates above an Impersonal Law Based Universe.

You can observe very clearly in the Word of God that Karma works very differently for people of God compared to people of the world. In the Word of God, there are many cases where God has preordained His people for a great destiny. And in the process of good and bad events, God's Hand is guiding all things to work together for the good of those who love Him and are called according to His Purpose. It goes beyond whatever Karma the person has.

For people of the world, the events in their lives are completely under the control of Karma and Satanic influence. There is no higher plan of God's Kingdom for them. Their Fate is tossed around by the forces Time and Space and Self Effort without a Higher Guiding Hand to shape it in a certain direction. But God is always seeking to win people towards Christ to deliver them out of the Power of Satan and into the Kingdom of His Dear Son.

Satanic New Age teachings may acknowledge that there is a Higher Guiding Hand which they call your "Inner Being". But they present your Inner Being as being subservient to you, and being there to help you fulfill your personal dreams and wishes. It is Satan's doctrine that you are God. But yet in the Word of God, and in the lives of God's people, it is revealed over and over again that all things are subservient to God's Purposes and God's Will.

There is a domain that goes beyond Karma and Destiny. The Buddhists call it Man's "Mind". But no it is not Man's Mind. It is the domain of God and Satan. You don't have to "believe" it. You can know it by observing, and observing, and observing, and observing as much of reality as possible in order to see God and Satan operating beyond Man's Mind.

Satan tries to trick people into believing the Many World's Theory where there is a Universe where God and Satan is Real, and there is a Universe where God and Satan do not exist. But the two worlds are actually One World. It just looks like Two Different Worlds because Satan has seek to control the world with his "Indra's Net" or "Buddha's Palm" and make it difficult to see what is beyond it. God's revelation of His Kingdom is like a different world altogether. But the more we can find the doorways and holes leading out of "Indra's Net" and "Buddha's Palm", the more we are able to see that there is actually just One Reality that belongs to God. Satan is only controlling a small part of it which will eventually be reclaimed.

Although I learn about the Domain of Destiny, something deep down within me refuses to accept the limits of destiny. God wants me to know that I am not alone in an Impersonal Law Based Universe with Karma, Destiny and all kinds of strange spirits. There is someone who is my Shepherd. There is someone who is watching over me, guiding me, leading me, supplying me, helping me, protecting me, blessing me. There is a Personal God who loves me with a deeply personal love. And He is not just any nonphysical entity but the One True God of the universe who opens my eyes to see Truth and Grace.

In Islamic teachings, the concept of fate and destiny is deeply intertwined with the divine will and wisdom of Allah, surpassing the limitations often attributed to karma or deterministic patterns found in other traditions.

Islamic belief emphasizes that the ultimate knowledge and control over all things belong to Allah alone. The Qur'an states, "Say, 'Never will we be struck except by what Allah has decreed for us; He is our protector.' And upon Allah let the believers rely" (Qur'an 9:51). This verse highlights that while humans may have an understanding of patterns and influences, it is Allah who decrees and determines all outcomes.

The concept of Qadar (divine decree) in Islam encompasses both the predestination of events and the

exercise of free will. The Prophet Muhammad (peace be upon him) said, “Everything is written in Al-Lawh Al-Mahfuz (The Preserved Tablet), including what has not yet happened” (Sahih Muslim). This reflects the belief that while there is a divine plan, the manifestation of events is influenced by the interplay of human choices and divine will.

The Prophet Muhammad (peace be upon him) also taught that supplication (du'a) is a powerful means by which individuals can seek Allah's intervention in their lives. He said, “Nothing can change the divine decree except supplication” (Sunan Ibn Majah). This illustrates that while Allah’s decree is all-encompassing, sincere prayers can lead to changes in one’s circumstances, aligning with divine wisdom and guidance.

Furthermore, the concept of divine wisdom and mercy plays a crucial role. Allah's knowledge transcends human understanding, and He guides and protects His believers according to His infinite wisdom. The Qur'an states, “And it is He who accepts repentance from His servants and pardons misdeeds and knows what you do” (Qur'an 42:25). This shows that while human actions are part of the divine plan, Allah’s mercy and guidance are always available, leading believers toward righteousness and away from harm.

Thus, in Islam, the domain of fate and destiny is not governed by an impersonal force or a mere pattern of events. Instead, it is under the sovereign control of Allah, who guides and supports His creation through His infinite wisdom and grace. The apparent contradictions or limitations imposed by deterministic views are reconciled in the understanding that Allah's will is supreme and all-encompassing, transcending human limitations and understanding.

We Are All One and Yet Different

In Islamic teachings, the concept of unity and diversity among humanity is deeply rooted in the understanding that while all human beings share a common origin and purpose, they are also distinct in their individual attributes and roles.

Allah, the Most High, declares in the Qur'an, "O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is Knowing and Acquainted" (Qur'an 49:13). This verse emphasizes that although we are all created from the same essence, our diverse backgrounds and characteristics are meant for mutual recognition and

understanding, not for reducing one another to mere stereotypes.

The Prophet Muhammad (peace be upon him) also reinforced the idea of unity amidst diversity by saying, "All of you are from Adam, and Adam is from dust" (Sunan Abu Dawood). This hadith underscores that regardless of external differences, all people share the same fundamental human nature and origin.

The Prophet's teaching that "The believer is like a brick for another believer, the one supporting the other" (Sahih al-Bukhari) reflects the principle that while each individual may have different roles and characteristics, they should support one another and recognize their inherent worth.

Islamic ethics also address the idea of action and its consequences. In the Qur'an, Allah instructs, "Do not consume one another's wealth unjustly or send it [in bribery] to the rulers in order that [they might] knowingly consume a portion of the wealth of the people in sin" (Qur'an 2:188). This guidance suggests that actions, whether seemingly minor or significant, have moral implications and should be conducted with awareness of their impact on oneself and others.

Regarding the concept of action and impact, the Prophet Muhammad (peace be upon him) said, "There is no harm and no reciprocating harm" (Sunan Ibn Majah). This hadith teaches that while it is natural to take actions to protect oneself and one's environment, such actions should be balanced with consideration for the broader ethical implications and the welfare of others.

Ultimately, the Islamic perspective teaches that while we are all part of a single creation, our actions must be guided by justice and compassion. Allah's wisdom encompasses all of creation, and each individual's actions should reflect a balance between personal needs and the ethical treatment of others, recognizing the uniqueness of each individual while honoring our shared humanity.

God: "There are no cans or can nots here. There are no shoulds or shouldn'ts. You may do as you wish. Every decision is a statement of Who You Are."

Neale Donald Walsch: "Well, "who I am" is a person who does not want a mosquito bite!"

God: "Fine. Then do what it takes to experience yourself as that. It is simple, you see?"

Neale Donald Walsch: "But if I am one with everything, am I not killing a part of myself when I swat the mosquito?"

God: "Nothing dies, but only changes form. Yet let us use your definitions for the moment, for the purposes of this discussion. Yes, by your definition, you are killing a part of yourself when you swat the mosquito. You are doing the same thing when you cut down a tree. Or pick a flower. Or slaughter a cow and eat it."

Neale Donald Walsch: "Then I can't touch anything! I have to leave everything exactly the way it is! If termites are destroying my house, I have to just move out and give them the house, because, after all, I don't want to murder them. How far do you take this?

God: "That is a good question. How far do you take this? Does the fact that you don't kill people mean that you don't kill termites? Conversely, does the fact that you kill termites mean that it is okay to kill people?

Neale Donald Walsch: "No, of course not."

God: "Well, then, there you have it. You have answered your own question."

God: "I have said you are all One, but I have not said you are all the same. Is your hair the same as your heart?"

Neale Donald Walsch: "I beg your pardon?"

Because you cut your hair off, does that mean you will cut your heart out?

Neale Donald Walsch: I see what You're saying.

God: "Do you? Do you, really? Because many human beings act as if they don't. They treat everyone and everything as if it were the same. They treat human life as if it were worth nothing more than the life of a mosquito. A termite. If they see that it is okay to cut their hair off, they cut their heart out. They bite their nose to spite their face."

Neale Donald Walsch: "Not many people act like that."

God: "I tell you this: every one of you has acted like that, in one way or another. Every one of you has acted indiscriminately, treating one thing as if it were the same as another—even treating one person as if he or she were another.

You walk down the street and see a white person and think that she is the same as you imagine all white people to be. You walk down the street and see a black person and think he is the same as you imagine all black people to be. In this you make two mistakes.

You have stereotyped Whites and Blacks, Jews and Gentiles, men and women, Russians and Americans, Serbs and Albanians, bosses and workers, even blondes and brunettes . . . and you will not stop stereotyping, because to stop stereotyping means that you will have to stop justifying your treatment of each other."

Supernatural Restoration for Every Area of Your Life

"God can turn generational curses into generational blessings when we get the revelation and appropriate the keys to access these kinds of treasures of darkness. The Lord can restore and turn demonic plans around 100 percent to give to us hundredfold blessings in place of the demonic curses that may be opposing God's best for our lives. This is a supernatural exchange that God initiates in the glory realms as we learn to rest in Him. Of course the key to this process is accepting Jesus Christ as your Lord and Savior. If you would like to make sure that you are saved or "born from above" (what the church calls "born again"), just turn to the prayers in the back of this book and pray the prayer of salvation now.

That has literally happened in my life. I lost a lot of things; I lost lands, I lost homes, I lost money, I lost businesses. Everything I lost God has restored to me at least a hundredfold. I began to walk this out unknowingly by stepping behind the veil, passing through spiritual gates to enter into the presence and glory of God. I simply accessed and rested in God's presence (glory); and when I came back into the earthly realms God's favor, God's grace was just attached to me and everything that I touched prospered. I give God glory for that.

God can literally give back to you the treasures of darkness lost to the enemy in this way. One aspect is taking your God-given spiritual authority and closing gates and doors in your life that lead or open into ungodly dimensions. Learn to enforce your spiritual

boundaries and the spiritual gates in your sphere of influence. At times you need to discern and shut such gates for yourself and your family line. This is an aspect of the hidden mysteries of the powers of the age to come. Currently there is an acceleration of this supernatural dynamic of restoration as the Creator of heaven and earth is moving with sovereignty and power in His friend's lives to bring healing and freedom. In the next chapter I will help you understand how to unlock several heavenly blessings which God has stored and kept back for you in the heavenly realms."

In Islamic teachings, the concept of divine restoration and transformation is deeply embedded in the belief in Allah's power to turn adversity into blessings. Islam teaches that Allah can transform trials and hardships into opportunities for growth and reward, especially when one turns to Him with sincerity and faith.

The Qur'an reflects this divine ability to turn negative situations into positive outcomes. Allah says, "Say, 'O My servants who have harmed yourselves by your own selves (i.e., by your sins), do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful'" (Qur'an 39:53). This verse underscores that no matter the severity of one's trials or past mistakes, Allah's mercy is boundless and can transform even the most challenging situations into blessings.

The Prophet Muhammad (peace be upon him) also highlighted this transformative power of Allah. He said, "The strong man is not the one who is good at wrestling.

Rather, the strong man is the one who controls himself when he is angry" (Sahih al-Bukhari). This hadith illustrates that true strength and transformation come from the ability to remain steadfast and righteous in the face of difficulties, which can lead to divine favor and restoration.

In Islam, the concept of "spiritual authority" and maintaining one's boundaries is also emphasized. The Qur'an advises believers to protect themselves from harm and negativity: "O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient" (Qur'an 2:153). This guidance encourages believers to uphold their faith and spiritual practices to safeguard themselves from negative influences and to seek Allah's help in overcoming trials.

Moreover, the idea of restoration and reward for enduring trials is reflected in the teachings of the Prophet Muhammad (peace be upon him). He said, "Whoever Allah intends good for, He inflicts him with hardship" (Sahih al-Bukhari). This hadith suggests that trials and difficulties are a means through which Allah tests and purifies the believer, ultimately leading to greater blessings and rewards.

Islam teaches that through sincere repentance, righteous deeds, and steadfast faith, one can experience Allah's mercy and restoration. The Prophet Muhammad (peace be upon him) said, "The one who repents from sin is like the one who has no sin" (Sunan Ibn Majah). This promise

of complete forgiveness and restoration encourages believers to seek Allah's guidance and support in overcoming challenges and receiving divine blessings.

Ultimately, in Islamic belief, true restoration comes from a deep and sincere connection with Allah, who is ever-merciful and capable of transforming adversity into blessings.

Freedom of Speech & Expressions

From the divine perspective, man is moving toward divine and eternal perfection and the law is supposed to pave the way for this wayfaring, removing all the obstacles along the way.

The truth of the matter is that freedom of expression in the West is merely a slogan. Like many other slogans, this slogan is only a means to put pressures on countries that are not ready to abject surrender themselves to the capricious desires and unreasonable demands of the World Arrogance. If there is an issue, which is incongruous with their interests, there is no mention of freedom of expression. As an example we mention the duality of western slogans of freedom but in practical Europe bans Muslim hijab and forcibly shuts of speeches describing Islam.

Islam states that insulting or embarrassing others, or divulging the secret of the private and personal life of others by means of talking and speaking are not allowed

and in some cases they are to be prevented, prosecuted and penalized, doing the same acts through film, newspaper, book, and caricature has the same ruling and it makes no difference whether a person insults and embarrasses others by speaking, or does it by writing in a book or newspaper.
Not only does Islam not hinder posing a question but also it gives importance to giving the reply and clarifying the doubt to such an extent that if a person from the enemies of Islam at the middle of the battlefield wants to ask a question about the truths of religion Islam has ordered to provide the opportunities for him to come and get a due answer.

The Three Domains of Learning

(COGNITIVE; AFFECTIVE; AND PSYCHOMOTOR)

It is important for teachers to ensure that the three (3) domains of learning which include cognitive (thinking), affective (emotions or feeling) and Psychomotor (Physical or kinesthetic) to be achieved. A holistic lesson developed by a teacher requires the inclusion of all the three domains in constructing learning tasks for students.

domain of characterization:

internalize values and let them control the behavior of the individual.

The cognitive domain:

aims to develop the mental skills and the acquisition of knowledge of the individual. This is the case where a student is able to explain an existing theory in his or her own words

Sub Domain:

knowledge; comprehension; application; analysis; synthesis; and evaluation.

The Affective Domain:

The affective domain includes the feelings, emotions and attitudes of the individual.

include receiving phenomena; responding to phenomena; valuing; organization; and characterization

Sub Domain:

The sub domain of receiving phenomena creates the awareness of feelings and emotions as well as the ability to utilize selected attention.

The next sub domain of responding to phenomena involves active participation of the learner in class or during group discussion (Cannon and Feinstein, 2005). Valuing involves the ability to see the worth of something and express it.

a learner to share their views and ideas about various issues raised in class. The ability of the student to prioritize a value over another and create a unique value system is known as organization. This can be assessed with the need to value one's academic work as against their social relationships.

The psychomotor domain:

utilizing motor skills and the ability to coordinate them.

sub domains:

perception; set; guided response; mechanism; complex overt response; adaptation; and origination.

Perception:

ability to apply sensory information to motor activity.

Set:

sub domain, involves the readiness to act upon a series of challenges to overcome them.

guided responses:

it includes the ability to imitate a displayed behavior or utilize a trial and error method to resolve a situation

mechanism:

ability to convert learned responses into habitual actions with proficiency and confidence.

Complex Overt responses:

explain the ability to skillfully perform complex patterns of actions.

Adaptability:

integral part of the domain which exhibits the ability to modify learned skills to meet special events.

Origination:

involves creating new movement patterns for a specific situation

Types of Research: Definitions and Examples

Research is how individuals and businesses collect and analyze data. Accurate and relevant research guides key business decisions, including marketing plans, staffing decisions and expansions. Determining what data is most useful for your goals and finding the most effective ways to obtain it can help your company make successful long-term decisions.

In this article, we discuss 19 different types of research and we provide you with examples so you can choose the methodology that works best for your goals.

What are types of research?

Types of research are the different methodologies used to conduct research. Based on research goals, timelines and purposes, different types of research are better suited for certain studies. The first part of designing research is to determine what you want to study and what your goals are. For example, you may simply want to learn more about a topic, or you may want to try to determine how a new policy will affect lower-level employees at your company.

Different types of research studies are useful across industries and fields, including:

- Biology, chemistry and other science-related fields
- Government offices and agencies
- Education
- Business

19 types of research

Here are 19 different types of research you may consider as you design your research methodology:

Fundamental research

Fundamental, or basic, research is designed to help researchers better understand certain phenomena in the world; it looks at how things work. This research attempts to broaden your understanding and expand scientific theories and explanations. For example, fundamental research could include a company's study of how

different product placements affect product sales. This study provides information and is knowledge-based.

Applied research

Applied research is designed to identify solutions to specific problems or find answers to specific questions. The research is meant to offer knowledge that is applicable and implementable. For instance, applied research may include a study on ways to increase student involvement in the classroom. This research focuses on a defined problem and is solution-based.

Fundamental and applied research are the two main research categories. Most research can be defined as fundamental or applied, depending on the goals of the study.

Qualitative research

Qualitative research involves nonnumerical data, such as opinions and literature. Examples of qualitative data may include:

- Focus groups
- Surveys
- Participant comments
- Observations
- Interviews

Businesses often use qualitative research to determine consumer opinions and reactions. For instance, a marketing organization may present a new commercial

to a focus group before airing it publicly to receive feedback. The company collects nonnumerical data—the opinions of the focus group participants—to make decisions.

Quantitative research

Quantitative research depends on numerical data, such as statistics and measurements. For example, a car manufacturer may compare the number of sales of red sedans compared to white sedans. The research uses objective data—the sales figures for red and white sedans—to draw conclusions.

Mixed research

Mixed research includes both qualitative and quantitative data. Consider the car manufacturer comparing sedan sales. The company could also ask car buyers to complete a survey after buying a red or white sedan that asks how much the color impacted their decision and other opinion-based questions.

Exploratory research

Exploratory research is designed to examine what is already known about a topic and what additional information may be relevant. It rarely answers a specific question, but rather presents the foundational knowledge of a subject as a precursor to additional research. Often, exploratory research applies to lesser known issues and phenomena.

For instance, you may consider what is currently known about the success of year-long maternity and paternity leave programs. This research can include gathering all relevant information and compiling it together in an accessible format that has not been available previously. Your research may reveal gaps in information, leading to additional studies in the future.

Longitudinal research

Longitudinal research focuses on how certain measurements change over time without manipulating any variables. For instance, a researcher may examine if and how employee satisfaction changes in the same employees after one year, three years and five years with the same company.

Cross-sectional research

Cross-sectional research studies a group or subgroup at one point in time. Participants are generally chosen based on certain shared characteristics, such as age, gender or income, and researchers examine the similarities and differences within groups and between groups. The group is often used as a representation of a larger population. Similar to longitudinal research, researchers observe participants without altering variables.

For example, a company may research the sales techniques of its top 10% of salespeople and compare

them to the techniques used by its bottom 10% of salespeople. This can help provide the company insights into the most successful and least successful sales methods.

Field research

Field research takes place wherever the participants or subjects are, or "on location." This type of research requires onsite observation and data collection. For instance, a manufacturing plant may hire an environmental engineering firm to test the air quality at the plant to ensure it complies with all health and safety requirements. The researchers would travel to the plant to collect samples.

Laboratory research

Laboratory research takes place in a controlled laboratory setting rather than in the field. Often, the study demands strict adherence to certain conditions, such as elimination of variables or timing conditions. Laboratory research includes chemical experimentation and pharmacological research.

Fixed research

Fixed research involves experiment procedures that are determined ahead of time, such as how often testing will take place, where testing will take place, number of

subjects and types of subjects. The research depends on precise conditions and compliance with predetermined protocols to reduce variables. Generally, fixed research is more reliable and replicable than flexible research.

Experimentation is often fixed research. For example, a researcher may test how different labels affect consumers' ratings of a sports drink. The researcher must try to control all other variables that may affect how the participants rate the drink, except the label. Participants are given the same drink with different labels at the same time and take a survey about taste and overall impressions. The timing of giving each drink and the subsequent surveys are critical to the validity of the study.

Flexible research

Flexible research allows procedures to change throughout the course of the experiment. The different types of flexible research include:

Case studies: Case studies are in-depth analyses and observations about a specific individual or subject.

Ethnographic studies: Ethnographic studies are in-depth analyses and observations about a group of people.

Grounded theory studies: Grounded theory studies are designed to develop theories based on carefully collected and analyzed data.

Action research

Action research refers to the process of examining your actions, assessing their effectiveness in bringing about the desired outcome and choosing a course of action based on your results. Action research is typically used in educational settings for teachers and principals to perform a type of self-assessment and course correction.

For instance, a teacher may collect data about their methods of teaching fifth-grade math. At the end of the first school quarter, the teacher may discover only a third of the students demonstrated proficiency in the concepts. As a result, the teacher implements new methods in her fifth-grade math class for the second quarter.

Policy research

Policy research is designed to examine the effects of current government or social policies or predict the potential effects of proposed policies as those effects relate to the distribution or redistribution of resources. Policy researchers often work within government agencies and conduct the following types of studies:

- Cost analysis

- Cost-benefit analysis
- Program evaluation
- Needs analysis

Classification research

Classification research seeks to identify and classify individual elements of a group into larger groups or subgroups. For example, biologists research animals and place them in defined categories based on shared characteristics, such as:

- Body segmentation
- Type of habitat
- Reproductive methods
- Diet

Comparative research

Comparative research is designed to identify similarities and differences between two individuals, subjects or groups. For instance, an owner may review new hire training documentation and discover that new employees are receiving much of the same training at orientation and their initial departmental training. The owner may decide to incorporate all of the similar training into orientation documents to allow more time for department-specific training.

Causal research

Causal research, also called explanatory research, seeks to determine cause and effect relationships between

variables. This research is designed to identify how much one variable may cause a change in the other. Causal research is important for evaluating current processes and procedures and determining if and how changes should take place.

For instance, a business may study employee retention rates before and after instituting a work-from-home policy after six months of employment to see if this policy increases employee retention.

Inductive research

Inductive research, also known as theory-building research, is designed to collect data that may help develop a new theory about a process or phenomenon. This type of research examines observations and patterns and offers several hypotheses to explain these patterns. Inductive research moves from the specific to the general.

Inductive research is often the first step in theory generation and may lead to additional research, such as deductive research, to further test possible hypotheses.

For example, researchers may observe that the year 12 international corporations enacted in-house carbon emissions standards, worldwide emissions declined. The researchers may theorize that worldwide emissions can be reduced significantly if international corporations impose in-house emissions standards.

Deductive research

Deductive, or theory-testing, research is the opposite of inductive research and moves from the broad to the specific. Researchers choose a hypothesis and test its accuracy through experimentation or observation.

Consider the previous example of emissions standards in international corporations. The deductive approach to this hypothesis is conducting research that compares global emissions levels before and after international companies enact emissions standards.

Manifest Luck with State of Harmony and Intent

If luck is what you need, you can create more of it. There is never such a thing as running out of luck. Do not buy into the idea that good things must come to an end. That is only true when you allow it to be so. As creators of our reality, we can create more of what we want whenever it diminishes, therefore ensuring an unlimited supply of it. The secret to luck is consciousness of luck. Understand how luck works and why it behaves the way it does, and you gain control over it instead of allowing it control you. Luck is an energy which can be manipulated like all energy. It may not be a physical energy as it vibrates at a frequency much higher than the physical dimension, but it has tangible influence over all physical events. Everything in the physical universe is affected by this field of energy existing at the metaphysical level. It's like an invisible grid that controls what happens, where it

happens and how it happens. By learning to tap into the grid, you become a master controller that can direct events in your favor.

Luck is real and is a state of vibration which attracts all good things and repels bad ones. People in an unlucky state of vibration just seem to attract all kinds of negative things, accidents, misfortunes and mistakes to them, one after another. When you are in a lucky state of vibration, you attract success, victory, fortunate incidences, help from unexpected sources and perfect unfoldment of desirable events. The lucky state of vibration that attracts all good things and repels bad ones is the state of harmony.

How to spot (and deal with) an energy vampire

By Sarah DiGiulio

They leave you feeling drained after every conversation. They want your nonstop attention and the conversation is always about them. They may be charming, charismatic and the life-of-the-party personality. They also may cheat. They may lie. And it's probably someone else's fault when something goes wrong.

These are some (but certainly not all) of the traits you might run across in someone who is an "energy vampire."

"An energy vampire is somebody who literally zaps your energy dry," Judith Orloff, MD, a psychiatrist on the University of California-Los Angeles Psychiatric Clinical Faculty, tells NBC News BETTER.

There are different types and they fall on a spectrum, she adds. There's the narcissistic drama queen friend who's always dealing with one crisis or another. There's the manipulative coworker who doesn't care who she steps on to get ahead. And there's the downright psychopathic criminal.

What energy vampires all have in common is they "feed on" (or manipulate) people who will give them air space and open ears.

Unsurprisingly those most often targeted are the sensitive, compassionate, always-see-the-good-in-people types of people, Orloff says. (She's also author of a book on the topic, "The Empath's Survival Guide: Life Strategies for Sensitive People".)

Energy vampire isn't a clinical term or diagnosis currently. But Christiane Northrup, MD, author of the recent book "Dodging Energy Vampires," explains that energy vampire characteristics do tend to map to "cluster B" personality disorders — the ones where people tend to have dramatic, overly emotional or erratic thinking or behavior — which are fairly common, she says. (Northrup spent 25 years practicing obstetrics and gynecology and now focuses on being an advocate for women's health and wellness.)

Cluster B includes people with antisocial, borderline and narcissistic personality disorders, and each of those is a clinical diagnosis with measurable specific traits spelled out in the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5), the diagnostic playbook psychologists use to identify mental health disorders.

"There's no chemical imbalance in the brain or anything like that," she adds. But individuals either lack or have a

somewhat misguided conscience or moral compass, she says.

According to Northrup, energy vampires also include the extreme end of the spectrum of these personality disorders, namely psychopaths and sociopaths. They are often talented, but manipulative, too. They feed on your good, loving and compassionate energy, and they have no qualms about doing so, she says. They make you feel guilty, as if you're never giving enough.

Who is and who's not an energy vampire?

While psychopaths, according to Northrup's definition, are one type of energy vampire, they're certainly not the most common ones you might come across. Think of any names that came to mind as you read the first part of this article. That's a good way to start identifying the energy vampires in your life, Northrup says.

Not everyone with narcissistic traits or who enjoys being the life of the party is necessarily an energy vampire, she adds. There are some who recognize what they're doing if you call them out on it and stop. Energy vampires (those who could be diagnosed with a character disorder), however, are addicted to that kind of behavior and the attention they get from it.

Generally they're self-centered people and they're somewhat manipulative, Northrup says. "On some level they all know what they're doing and they do it because it works."

The non-energy vampires of the world give them the benefit of the doubt that they really do need your love, compassion and good chi, Northrup adds, "because we think they think like we do." And that's why energy vampires are so dangerous, she says.

This is where Orloff's definition of energy vampire differs. She says they're so dangerous because energy vampires may not know what they're doing (other than the truly manipulative psychopaths and sociopaths). Some energy vampires may have inherited those character traits from a parent and they're unaware of how their behavior affects others, she says.

Spending too much time with energy vampires can make you sick

What makes energy vampires so toxic is that they can be sources of chronic stress, says Northrup. Especially if the energy vampire is someone you can't avoid — such as a spouse, a parent or a boss — constantly having your energy drained by that individual is a stressor, she says. "You're constantly walking on eggshells around that person; waiting for the next shoe to drop."

And that type of chronic stress is well known to have pretty deleterious effects on multiple systems in the body, including the immune, cardiovascular, neuroendocrine and central nervous systems.

Evidence shows that people under chronic stress are at a higher risk of chronic problems ranging from autoimmune diseases to heart disease, obesity and depression.

"They're a health risk," Northrup says about the energy vampires in our lives.

How to vanquish energy vampires (or at least not get sucked dry)

Remember that when it comes to looking out for your own energy and well-being around energy vampires, you're not being selfish, you're practicing good self-care,

Orloff says. Doing so keeps you from getting overwhelmed, anxious and sick. Here's how:

- **Cut them out of your life (if you can).** If they're not someone you can't avoid (such as a boss or a family member), cut off contact with the person, Northrup says. If it's an ex-spouse who you still need to communicate with — perhaps if you have children — communicate as little as possible and use technology to your advantage, she adds. Text or use a messaging app, rather than making plans over the phone.
- **Set boundaries.** Know what types of activities work well and which ones don't, and plan accordingly. Maybe going out to lunch or coffee is bearable, but inviting that individual to your house is just too much. Set beginning and end times, Northrup says.
- **Lower expectations.** If you're dealing with a narcissist, know that these people are not capable of being empathetic toward you, Orloff says. So don't expect that from them. Avoid bearing your soul to that person to protect yourself from feeling disappointed when they don't meet you with the understanding you're looking for.
- **Be too tired for them.** Northrup calls this strategy "broken wing." When an energy vampire tries to bend your ear, tell them you feel under the weather or really tired. "They will go to another source immediately," Northrup says. "They do not want to be around somebody who doesn't have energy to give back."
- **'Grey rock' them.** Act like a grey rock around them, Northrup says. Don't entertain them. Don't give them energy. Don't give them the response (whether it be your

open ear, your sympathy or your support) that they're looking for and they'll lose interest.

- **Know the difference between "venting" and "dumping."** Everybody needs to voice frustration now and again. Energy vampires constantly dump their frustrations, irritations, annoyances, bad days and negative feelings on others. "It's really important to know the difference between venting (is accountable to their role in the problem and looking for a solution or resolution) and dumping (think unintelligible rant)," Orloff says. "So you can sit limits and not just sit there and take it."
- **Do NOT overreact.** Remain cool, calm and collected when dealing with an energy vampire, Northrup says. Losing it can cause an energy vampire to do the same and make you feel worse about yourself.
- **Make sure you have a way to reality check.** Determine which of your friends or family can be your reality check on the situation **—** trusted individuals who can level set with you when the energy vampire in your life is acting up, Northrup says. "Yes, they're acting crazy. Yes, it looks like they're getting away with murder." Those trusted reality check friends can help affirm that what you feel in your gut is right, and not the other way around.
- **Say "no" nicely.** "It's OK to not invite people to interact with you. And it's OK to say no to people," Orloff says. And remember, "no" is a sentence in and of itself, she adds. You can say it in a nice way that's not impolite or uncaring, she says. "You can be a loving, compassionate person and still stick up for yourself. You don't need to be a doormat."

Is Your Aura Being Invaded?

"Every living thing has an energy field. This energy field is your aura. Your aura indicates your psychic or spiritual space, and is your universe in which you are meant to create. Your aura is the window through which you view the world and through which the world sees you." from Meditation: Key to Spiritual Awakening by Mary Ellen Flora.

Have you ever had the realization that someone was trying to get you to fight with them? Maybe you and a co-worker disagree about a project and the co-worker wants to fight it out and "win." Or maybe a family member is opposed to your actions or ideas. You know that your aura is being invaded by this person if:

- You have a sudden stomach ache
- Feel irritated for no internal reason
- Experience a sudden pain in your head
- Become afraid for no reason
- Feel suddenly emotional or some other sudden disturbance

Energy invasion can cause disturbance and even pain in your body since it is not your energy. A foreign vibration does not work in your unique system. If you meditate, you have an advantage because you have some control over your emotions and are not easily manipulated by others, especially if you ground. Your co-worker or family member may be aggressive and demanding but with your calm presence, developed from meditation practice,

you can weather this storm. You can get your point across with calm certainty.
Often when people "pick a fight" it is because they are afraid of being "wrong" and feel they must be "right" to survive. By using your meditation calm and owning your aura space you can allow the other person's storm to pass and may even help him become calmer also. Allowing other's emotions to pass through you without reacting gives you the opportunity to calm any conflict.
When calm is restored, clear constructive communication also returns to the interaction. Meditation on a daily basis can help you see and deal with any disturbance. Meditation provides a reservoir of spiritual strength and clarity available for life storms.
by Mary Ellen Flora

Symptoms of a Psychic Attack

By Sally PainterParanormal Researcher and Seer
Psychic attack symptoms are often difficult to prove. Some people suffering from what is called a psychic attack might not be aware they are being targeted. There are several types of psychic attack that carry significant signs the person is being victimized.
What Is a Psychic Attack?
Many of the world's cultures believe in the ability to harm others through what's known as a psychic attack. Some refer to this form of violence as placing a spell on someone. Black magic practices are often used to create this type of harm to another person. Ancient cultures

define psychic attacks as real and once the symptoms are recognized can offer various remedies.

How a Psychic Attack Is Carried Out

Not all psychic attacks are a conscious premeditated aggression. Some people may not even know they are attacking the victim. Attackers often have strong negative emotions regarding the victim. These can be jealousy, envy, resentment, and other unhealthy negative emotions.

Other predators attack the person deliberately. They focus on interfering with the targeted person's energy fields, such as chakras or the aura. There are various ways to attempt this, but the common thread is to send negative energy to the targeted person. This can be in the form of mental pictures, thoughts, and even emotions. Some strong attackers use suggestive and hypnotic techniques.

Recognizing Psychic Attacks

You can be under a psychic attack and not be aware of it. You can assess these circumstances by making a list.

- Write down every strange and odd thing that happens. These can be little things at first that expand and accumulate.

- Pay attention to how others react and interact with you.

- Note who was with you when these things happened to you. Were you always with the same person?

Symptoms of a Psychic Attack

Once your list is completed, you'll have a wealth of information to assess and determine if you're under attack. There are certain symptoms you can identify as the result of a psychic attack. These include:

- Negative thoughts not your own
- Nightmares of being violently attacked
- Hypnotic sensations
- Irrational fears
- Feeling like the victim of a curse or black magic
- Feeling energetically drained
- Unusual happenings

Negative Thoughts

People claiming to suffer from psychic attacks often reveal they have negative thoughts that are not their own. This type of attack is not always easy to recognize. In fact, sufferers often question their sanity since the strange thoughts come out of nowhere. If the person is attuned to their inner being (higher self), they can quickly discern such an intrusion into their thought processes. This kind of attack starts with subtleties that aren't easily recognized and build upon each other until the person is mentally exhausted and confused. A manipulative adept can even control their victims by sending disturbing mental images and even thoughts. They can cause their victims to act out of character through this mental disruption. Empaths that haven't come into their own are very susceptible to this kind of attack.

Defending Against Negative Thoughts

There are a few things you can do to counter this kind of psychic attack. These include:

- Delve deep into your psyche and reinforce yourself with meditation, mantras, and personal affirmations.

- Positive affirmations that contradict the negative thoughts will root them out of your mind. (It takes several positive affirmations and thoughts to counter one negative thought.)

- Envision yourself inside a ball of mirrors similar to a disco ball. Focus on this mirrored ball protecting you and deflecting/reflecting those thoughts back to the one sending them.

Nightmares of Being Attacked

A very common symptom of a psychic attack occurs when you are most vulnerable - asleep. This type of attack comes in the form of a nightmare. The victim dreams of being hunted or chased. The nightmare heightens with the victim being viciously attacked. Fear and panic drive the nightmare, and it often becomes a repetitive dream that over time physically and mentally exhausts the victim.

Defense Against Nightmare Attacks

The best defense for these nightmares is to program your dreams before going to sleep. This takes practice, but with diligence and patience it works. It 's an excellent defense about psychic attacks while sleeping.

Thirty minutes before going to sleep, fill your mind with words of love, hope, kindness, and forgiveness. Read love poems, scripture, or positive affirmations.

1. Avoid harsh lights, TVs, and noise when powering down for sleep.

2. Ambient white noise is conducive to a restive sleep as are recordings of nature sounds.

3. Low light or complete darkness are also a must for restive sleep.

4. Lock your bedroom door so you won't psychologically feel vulnerable while sleeping.

5. Wear a protective crystal, such as black tourmaline, to ward off psychic attacks.

- Fluorite will disguise your energy so it's difficult for an attacker to find you.

- Labradorite is a well-known defense against psychic attacks.

Hypnotic Sensation

Feeling as though you're in a trance-like state or under a hypnotic influence could point to a psychic attack. The victim is usually in the presence of their attacker. The attacker's energy field can be strong enough to overpower the victim. Some attackers are trained in hypnosis and know how to modulate their voice and use specific words.

How to Defend Against Involuntary Hypnosis

There are a few ways you counter involuntary hypnosis:

- Interrupt the person as often as possible and distance yourself immediately.

• Music or a TV can break the mind-control by disrupting the person's energy field and interrupting their connection to you.

• Focus on your religious/spiritual belief. If you are Buddhist, mentally recite the Three Universal Truths or Four Noble Truths, if Christian recite Bible verses, psalms, or prayers, etc.

• Wear or carry a religious token or icon of your faith at all times. Touch this symbol while mentally repeating verses and prayers.

Unfounded and Unexplained Fears

Another possible symptom of being under a psychic attack is the sudden inexplicable sense of fear. This often isn't any kind of fear that you've ever experienced. It can take extreme measures, such as a fear to drive the familiar road to your place of employment, a sudden fear to venture outside your own home, or fear to enter a church or other religious gathering place. The fear overcomes the victim until the individual is simply unable to move. They fall into a state of inexplicable panic and suffer the physical symptoms of terror.

Countering Unfounded Fears

To counter this kind of attack try the following:

• Encapsulate yourself in white light, forming a bubble.

• Call upon God, angels, and/or guides to protect you from this unseen force.

• Repeat calming affirmations and read texts or scriptures that calm and reassure.

・ Focus on positive things and recognize the fear is not coming from you. Envision it bouncing away from you and back to the person who sent it.

Curses and Black Magic

You can feel the effect of the energy a person generates when they create a curse or black magic spell. This comes to you as an outside force or energy. It may give you a headache or some other physical sensation. The good news is such acts always ricochet back to the person creating them.

There's an old saying, "Be careful who you point your finger at, 'cause you have three more pointing right back at you." This is how sending negative thoughts and energies to another works. The universe holds up a mirror and sends it back threefold to the perpetrator.

To Protect Against Curses and Black Magic

Still, you need to protect yourself from such evil actions.

・ Use protective crystals and gemstones to absorb and deflect/ward off this kind of energy.

・ Wear a symbol of your spiritual faith, such as a cross or amulet.

・ Call upon your guides/angels for protection.

・ Use a singing bowl or other sound healing tools to clear out negative vibrations in your home.

・ Ask for intercession from God, Christ, Buddha, etc. Divinity can intercede, especially in cases of black magic being used against you.

・ Smudge your home with sage while reciting a prayer or mantra.

・ Use salt and rubbing alcohol in a fireproof pot or pan set on fire to draw and clear negative energy.

Feeling Drained of Energy

A lack of energy can wear you down and be the result of a psychic vampire draining your prana or chi energy (life force). Some people don't even realize they're psychic vampires. The symptoms of coming in contact with one are weakness and exhaustion. If you've ever witnessed someone who was feeling low suddenly burst with energy and comment how you always make them feel better, it's possible that person is an unaware psychic vampire. They feel better because they siphon off your chi energy, leaving you feeling drained.

Defending Against Psychic Vampires

There are several ways you can protect yourself against people who drain your energy.

・ The most obvious defense is to avoid the person or have brief contact.

・ Wear a protective gemstone, crystal, or amulet.

・ Encase yourself in a bubble of white light immediately. You can wrap yourself layers of bubbles.

・ Envision being inside a mirrored ball. The psychic vampire's energy is reflected back to them. They'll quickly leave you in search of someone else.

More Psychic Attack Defense Tips

Once you understand the various forms a psychic attack, you can assess your situation. Undertake a two-prong line of defense to ensure you've covered all the bases to take care of yourself. This includes medical and psychic

assessments followed by any treatments and defense techniques specific for the type of psychic attack being waged.

Seek Medical Help

It's important to realize you can have symptoms of a psychic attack and not be under attack. There are very real physical and mental illnesses that mimic psychic attack symptoms. Be sure you approach any analysis with a healthy dose of skepticism. For example, if you're depressed or have suicidal thoughts, consult a medical professional immediately. The truth is, you'll need all the help you can get to defend yourself if you *are* under psychic attack. Establishing a healthy medical first line of defense will keep you from deteriorating while you fight with a second line of defense.

Assess Possible Psychic Attacks and Attacker

The second line of defense is both spiritual and psychic. Analyze when the attack occurs or escalates. Write down where you were, what you were doing, what you were thinking and who you were with. If you're convinced you're under attack, plan and execute your defense.

A Sovereign Child of God

It's important to remember you are a sovereign being of God, and no one underneath the divine Creator has the right to exert their will over yours. Don't give your permission to them. Stand up against a psychic attack by declaring yourself a child of God. State you have dominion over those trying to manipulate you. You'll immediately feel their hold over you release and disappear. Always protect yourself by encasing yourself in a bubble of white light. Anything that isn't of divine

light won't be able to enter your bubble of light and harm you.

Tips for Sensitive People to Protect Their Energy

A survival guide for empaths to stay grounded and centered.

Posted Dec 16, 2014 | Reviewed by Lybi Ma

Sensitive people or empaths have an ability to be emotional sponges that can heighten when they are at a social event, around co-workers, or in crowds. If empaths are around peace and love, their bodies assimilate these and flourish. Negativity, though, often feels assaultive or exhausting.

For empaths to fully enjoy being around others, they must learn to protect their sensitivity and find balance. Since I'm an empath, I want to help them cultivate this capacity and be comfortable with it.

I've always been hyper-attuned to other people's moods, good and bad. Before I learned to protect my energy, I felt them lodge in my body. After being in crowds I would leave feeling anxious, depressed, or tired. When I got home, I'd just crawl into bed, yearning for peace and quiet.

Here are six strategies to help you manage your sensitivity more effectively and stay centered without absorbing negative energy.

1. *Move away*. When possible, distance yourself by at least 20 feet from the suspected source. See if you feel relief. Don't err on the side of not wanting to offend

anyone. At the gathering, try not to sit next to the identified energy vampire. Physical closeness increases empathy.

2. *Surrender to your breath*. If you suspect you are picking up someone else's negativity, concentrate on your breath for a few minutes. In contrast, holding your breath keeps negativity lodged in your body. To purify fear and pain, exhale stress and inhale calm. Picture unwholesome emotions as a gray fog lifting from your body, and wellness as a clear light entering it. This can produce quick results.

3. *Practice Guerilla Meditation*. Be sure to meditate before the gathering, centering yourself, feeling your heart. Get strong. If you counter emotional or physical distress while at an event, act fast and meditate for a few minutes. You can do this by taking refuge in the bathroom or an empty room. If it's public, close the stall. Meditate there. Calm yourself. Focus on positivity and love. This has saved me many times at social functions where I feel depleted by others.

4. *Set healthy limits and boundaries*. Control how much time you spend listening to stressful people, and learn to say "No." Set clear limits and boundaries with people, nicely cutting them off at the pass if they get critical or mean. Remember, "No" is a complete sentence.

5. *Visualize protection around you*. Research has shown that visualization is a healing mind-body technique. A practical form of protection many people use, including health care practitioners with difficult patients, involves visualizing an envelope of white light around your entire body. Or with extremely toxic people, visualize a fierce black jaguar patrolling and protecting you.

6. *Define and honor your empathic needs*. Safeguard your sensitivities. In a calm, collected moment, make a list of your top five most emotionally rattling situations. Then formulate a plan for handling them so you don't fumble in the moment. Here are some practical examples of what to do in situations that predictably stymie empaths.

- If someone asks too much of you, politely tell them "No." It's not necessary to explain why. As the saying goes, "No is a complete sentence."
- If your comfort level is three hours max for socializing, even if you adore the people, take your own car or have an alternate transportation plan so you're not stranded.
- If crowds are overwhelming, eat a high-protein meal beforehand (this grounds you) and sit in the far corner of, say, a theatre or party, not dead center.
- Some empaths are highly sensitive to scents, if you are overwhelmed, stand near a window or take frequent breaks to catch a breath of fresh air outdoors.

If all else fails and you absorb stress or negativity while at a gathering when you get home bathe or shower. My bath is my sanctuary after a busy day. It washes away everything from bus exhaust to long hours of air travel to pesky symptoms I have taken on from others. Soaking in natural mineral springs divinely purifies all that ails.

Who Stole My Energy? How Difficult People Affect Your Aura

You walk away from a conversation feeling exhausted. You see their name on an incoming call, and your stomach sinks.

Why is it that meeting with some people can uplift and inspire you while others leave you wanting to hide away in a dark room and, if we want to be dramatic, curled in the fetal position?

Unfortunately (or fortunately), all too rarely are you able to hide away in a dark room, let alone find a broom cupboard which could fit you, especially in the fetal position. The alleged energy sucker may be a work colleague, family member or in-law, and your interaction is obligatory. Of the "things that are not fun" category, this sort of meeting is one. Another is the knowledge that, at some point, you will have to do it all over again.

What have they done to you?

Well, if you're seeing what I am seeing, it is perfectly clear: a significant change has just occurred in your aura. Your aura is producing what could be described as a thought bubble during every interaction and conversation you have. This thought bubble is an energy formation which consists of your feelings, thought patterns and defense mechanisms, specific to the interaction you are having. It then informs the body to respond in a particular way, sending a "Kapow," "Boom," or "Heeelllp" message to the endocrine system, instigating biological processes.

The thought bubble also informs me of how you are feeling, if I am observing your aura at the time. This idea

could, of course, make you feel a little daunted but do not fret – (while we are on the comic book theme) I use my powers for good, not evil!

Your physical response may then range anywhere from fatigue to elation, depending on your own, subconscious beliefs about the person and what they represent. It is no wonder then, the notion exists that some people make us sick. A client recently asked me to observe his aura while he brought to mind three different people with whom he was required to have business dealings. He explained that with each of them he found it difficult to negotiate as he would become extremely drained in their presence.

The following was observed:

- The first person's approach was invasive and demanding. I saw an explosion of electric and highly charged chaotic energy moving from him or her to my client. I could see that this person would lead to my client feeling frazzled by making demands beyond what he felt comfortable to meet, therefore requiring him to set stronger boundaries of his own. His panic about feeling manipulated was dispersing his energy and making his aura fragment. In order to combat this issue, I shifted my client's pattern and activated within his field the ability to maintain his center and set strong, healthy boundaries.

- The second person's energy appeared like a large, heavy boulder. There was obstinacy in his or her approach to my client and the negotiation. The approach was attempting to overpower my client with the use of force. My client did not see the sense in the mental arm wrestle and found the experience exhausting and

unnecessary. I focused on shifting the feeling of struggle and activating a sense of stillness, impervious to other's behaviors.

・ Of all three people visualized, the third had the most benevolent energies. What I found interesting, however, was the fact that my client developed a sinking feeling in his stomach area which I saw as a heavy, purple energy. His response to his angst was to switch into an avoidance mode which appeared as a withdrawal of his energy, and a contraction of his aura, making him feel smaller. I mentioned that the person he had visualized had positive intentions and that he would most likely find that the lead up to seeing this person was far worse than the actual event.

・ My client smiled and said, "The last one was my mother."

While it may be a common belief that you are capable of being drained by others, your energy is probably not being siphoned away by a vampiric pest. More likely, you are subconsciously blocking, scattering or switching off your energy in response to belief patterns you have about the other party. In other words, no one can steal your energy in the same way no one can steal your emotions. The downside of this theory is that blaming others will no longer be possible. The upside is that within you is the power to have it changed!

Your Mindset About Your Health Can Make a Big Physical Difference

by Steven Handel

Your mind and body are tightly interconnected. There's a lot of new and interesting research that shows just how much how your mindset about "health" can make a real difference in your physical well-being.

Our mind and body are tightly interconnected.

Often times we can't talk about our "physical health" without also talking about our "mental health," and vice versa.

One of the biggest pieces of evidence for the mind-body connection is the *placebo effect*, which is when a patient is given a "sham drug" (such as a sugar pill), but they still experience a physical change in their body, like reduced pain or reduced anxiety.

A new study published in the scientific journal *Health Psychology* illustrates another fascinating way our mindset intersects with our physical health.

In this study, researchers looked at surveys from over 60,000 U.S. Adults and asked about their physical activity, health, personal background, and other measures. One of the main questions they looked at was…

"Would you say that you are physically more active, less active, or about as active as other persons your age?"

After collecting the results, the researchers then followed up on this study 21 years later by looking at death records of participants.

What they discovered was that individuals who reported that they were "less active" were 71% more likely to die within that follow-up period than those who reported

they were "more active," even after controlling for physical activity, age, body mass index, chronic illness, and other factors.

To put it more simply, individuals that believed they were "less physically active," even when they did the same amount of physical activity, reported higher rates of mortality. This is an interesting example of how our mindset can influence our health.

In another study published in *Psychological Science*, the same researchers looked at the health of room attendants working at 7 different hotels. One randomized group was told that the work they do (cleaning rooms) was equivalent to a full day of exercise. All hotel cleaners did roughly the same amount of work each day, but the group that was told their work counted for a "full day of exercise" actually reported better health outcomes, including decreases in weight, blood pressure, body fat, waist-to-hip ratio, and body mass index.

How did this happen? Why does the *belief* that we are healthy (or unhealthy) have a significant influence over our actual health?

It's possible you're already doing physical activities that you simply aren't giving yourself enough *credit* for – such as walking the dog, or taking the stairs, or cleaning and doing chores.

Take time to reflect on your daily routine – can you identify anything that counts as physical activity (even if it's a small habit)? If you can think of ways you're *already* physical active, that can spark new ways to continue embracing this healthier and fitter side of yourself.

Why Your Mindset About Your Health Matters

While it's well-known that our mindset can influence our health in a variety of ways, it's still unclear the exact reason why this happens or how it happens.

Here are common theories as to how our mindset about our health can make a real world difference:

- **Your identity influences your actions** – If you identify as a healthy person, that will influence you to do other healthy activities. For example, when a friend asks you to go hiking with them, you'll think "Of course I'll go! I'm a healthy person who *loves* hiking" instead of thinking, "I'm not sure, I need to get more fit first before I can do something like that." If you view yourself as a healthy person, you're more likely to take advantage of opportunities to be more healthy – which becomes a type of self-fulfilling belief. (This is why I recommend the "everything counts" mindset as a great starting point to building a more "health-oriented" identity.)
- **Negative self-judgment creates unnecessary stress** – If you don't exercise and you begin saying things to yourself like, "I'm a lazy, unhealthy slob" then that negative judgement is only going to increase your stress levels and affect your overall health. In general, stress is a huge factor that contributes to worse health outcomes and makes you more likely to get physically ill, so anything that adds unnecessary stress is likely bad for your physical health as well.
- **The placebo effect and the power of suggestion** – Our beliefs may also have a power to activate biological processes that our body is capable of doing on its own. For example, most placebo effects can be considered a type of "self-healing" that comes from within. In the past,

I've even recommended creating your own placebo pills to help spark self-change and self-growth.

All of these are common theories as to how our minds can influence our bodies. It's likely that all 3 of these mechanisms mentioned above play some role in our overall health.

Please Note: Of course this doesn't mean that your mind always triumphs over your body. If you spend all day sitting on your butt, eating junk food, and consuming alcohol or smoking cigarettes, then there's no amount of "mental power" that is going to save you from bad habits when it comes to your health and fitness.

However, it's still important to realize that our mindset does make a big difference. And if we want to maximize our physical health, or begin embarking on a healthier lifestyle, then we have to pay just as much attention to our minds as we do our bodies.

The best of professional athletes understand the importance of mindset to change their bodies and reach peak performance, which is a big reason why sports psychology has become such a fast-growing field of study.

Overall, your mindset matters a lot when it comes to a lot of different areas of your life, including your physical health. So don't underestimate the importance of getting your mind right and cultivating a healthy attitude and perspective.

Beliefs About Aging

Your beliefs about aging can also play an important role in your long-term health.

When most people think of "old age," they automatically associate it with deteriorating health and a lower quality of life, but these beliefs can also become a type of self-fulfilling prophecy. **By the age of four, most children already have negative stereotypes about aging. This manifests in many different aspects of our culture such as "old people are bad drivers," or "old people have memory problems," or "old people are clumsy and slow."**

However, according to one study published in the *International Journal of Aging and Human Development*, individuals who were more optimistic about their future "older self" were more likely to experience healthier outcomes later in life.

"Previous studies on aging have found that how people thought about themselves at age 50 predicted a wide range of future health outcomes up to 40 years later — cardiovascular events, memory, balance, will to live, hospitalizations; even mortality."

Researchers discovered that a positive "self-perception of aging" stemmed from two main factors: 1) A person's perceived ability to become the person they want to be in the future, and 2) A general sense of optimism and hope.

Individuals who reported a negative "self-perception of aging" were more likely to agree with statements such as, *"Things keep getting worse as I get older," "As you get older, you are less useful,"* or *"I don't have as much pep as I used to."*

As it turns out stereotype threat can become a self-fulfilling prophecy and apply to aging in the same way it can apply to other group stereotypes, so it's important

we learn how to actively fight against these negative perceptions in both ourselves and others.
Ultimately, how you think about yourself matters, including when it comes to your health and physical well-being. What's your current mindset toward your health?

The 8 Different Types of Dreams

There are eight different ways in which we dream. All are important and significant. Here is an overview of the different types of dream states. Do you dream in these ways?

1. Daydreams

Studies show that we all have the tendency to daydream an average of 70-120 minutes a day. Day dreaming is classified as a level of consciousness between sleep and wakefulness. It occurs during our waking hours when we let our imagination carry us away. As our minds begin to wander and our level of awareness decreases, we lose ourselves in our imagined scenario and fantasy.

2. Lucid Dreams

Lucid dreams occur when you realize you are dreaming. "Wait a second. This is only a dream!" Most dreamers wake themselves up once they realize that they are only dreaming. Other dreamers have cultivated the skill to remain in the lucid state of dreaming. They become an active participant in their own dreams, making decisions in their dreams and influencing the dream's outcome without awakening.

3. Nightmares

A nightmare is a disturbing dream that causes the dreamer to wake up feeling anxious and frightened. Nightmares may be a response to real life trauma and situations. This type of nightmare falls under a special category called Post-Traumatic Stress Nightmare (PSN).
Nightmares may also occur because we have ignored or refused to accept a particular life situation. Research shows that most people who have regular nightmares have had a family history of psychiatric problems, bad drug experiences, people who have contemplated suicide, and/or rocky relationships.
Nightmares are an indication of a fear that needs to be acknowledged and confronted. It is a way for our subconscious to make up take notice. "Pay attention!" We'll have more later in the book about nightmares and steps you can take to overcome them.

4. Recurring Dreams

Recurring dreams repeat themselves with little variation in story or theme. These dreams may be positive, but most often they are nightmarish in content. Dreams may recur because a conflict depicted in the dream remains unresolved or ignored. Once you have found a resolution to the problem, your recurring dreams will cease.

5. Healing Dreams

Healing dreams serve as messages for the dreamer in regards to their health. Many dream experts believe that dreams can help us avoid potential health problems and help us to heal when we are ill. Our bodies are able to communicate to us through our dreams to "tell" us that

something is not quite right with our bodies even before any physical symptoms show up. Dreams of this nature may be telling the dreamer that he/she needs to go to the dentist or doctor

6. Prophetic Dreams

Prophetic dreams also referred to as precognitive or psychic dreams are dreams that seemingly foretell the future. One rational theory to explain this phenomenon is that our dreaming mind is able to piece together bits of information and observation that we normally overlook or that we do not seriously consider. In other words, our unconscious mind knows what is coming before we consciously piece together the same information

7. Signal Dreams

Signal dreams help you how to solve problems or make decisions in your waking life.

8. Epic Dreams

Epic dreams (or Great dreams) are so huge, so compelling, and so vivid that you cannot ignore them. The details of such dreams remain with you for years, as if your dreamt it last night. These dreams possess much beauty and contain many archetypal symbology. When you wake up from such a dream, you feel that you have discovered something profound or amazing about yourself or about the world. It feels like a life-changing experience.

Real signs you're on someone's mind

01/6Real signs you're on someone's mind

How do you get to know someone is thinking about you? Have you ever been in one of such situations where you can't understand how you sensed that someone's thoughts are running to you? Or maybe the two of you often finish each other's sentences? Well, you should know that people share some kind of telepathic connection which makes it easy for you to realize they're thinking about you. Here are some real signs that will help you understand it better:

02/6Subconscious smiling

Your body reacts to how your mind tells it to react. Many of us are not even aware of this. So when you see someone you recognize, you will see a smile worth a thousand words. Your appearance, your face and the fact that they see you are the reasons behind their smile, the one that they can't contain. You can feel that there's so much more than meets the eye. That's your subconscious telling you that they've been thinking of you.

03/6Sudden change of emotional state

Have you ever felt a sudden change in your mood? You must have but maybe you didn't understand why it happened. You might have been in a good mood,

cracking jokes and having a positive day. But then all of a sudden, you feel a huge change of emotional state. You start feeling depressed like someone or something drained your energy. Probably right at that moment, someone was thinking about you. Your subconscious is trying to tell you things but in a different way. You experience this sudden change of mood because that person's energy interfered with yours and this caused you to change in a split second. It messed with your entry field and that is what led you to the change of state.

04/6Your subconscious brings you two closer

If you've ever wondered why and how people fall in love with each other? You first need to understand what brings them closer to each other. Once again, this has everything to do with the subconscious and the vibe that two people are surrounded by. When people want to fall in love, they are subconsciously looking for those who can satisfy their needs. Someone who can complete them and who can do everything they can't. Your subconscious then finds a way to bring that person into your life. And that's how two people get closer to each other.

05/6Strange eye movements

If you've experienced your eyes going crazy, it could mean that your mind is sensing something. A sudden itch or twitching of your eyes - means someone is thinking about you. Now, this neither has to mean that the person likes you nor that they are thinking positively about you. It can totally be the other way round. They could be trash-talking you or mentioning you in a negative manner. But itching or twitching of your eye sure means someone is thinking about you.

06/6Tense mind

Have you ever found yourself eating something and you start to choke? Or maybe you were drinking water and it went down the wrong pipe, leaving you gasping for air? This is because your mind is trying to create tension. It feels you being mentioned by someone else and so it is trying to warn you to open your eye and look around. Even hiccups are a sign of someone thinking about you. They're one of the signs of a tense mind and negative energy.

How Technology Makes Us Anxious

5 ways technology feeds anxiety.

July 4, 1776: the United States declared independence from Britain.

July 20, 1969: humans landed on the moon.

November 9, 1989: the Berlin Wall came down.

Will we look back on June 29, 2007, as one of those watershed dates? Only time will tell, but the day the first iPhone came out certainly changed our psyches forever.

Studies, magazine articles, and cultural rumblings tell us that technology is making us more anxious. A new study of over 1 million American high school students found that teens who spend more time on screens and less time on non-screen activities like face-to-face socializing, exercise, or homework were psychologically worse off. What's more, the study found that when kids reported a shift to more screen-based activities, a decline in happiness followed, implying a cause-and-effect relationship.

But how exactly does this happen? What is it about technology that allows it to wreak chaos on our mental states? Here are five big reasons that technology makes us anxious.

1. Technology insulates us from small uncertainties, leaving us vulnerable to the biggies.

Uncertainty is the root of anxiety. We ask ourselves questions, hoping to rely on something known: "What's going to happen?" "What do they think of me?" "What if this goes badly?"

In some ways, technology takes away uncertainty. Smartphones allow us to control our world and our consumption like never before. We can stay immersed in a controlled world of our choosing for long stretches. We can be guided by Google Maps, read reviews before spending money on trips or activities, rehearse answers to job interview questions using Glassdoor, and review Evites to see exactly who's on the guest list. But as a result, we log less practice navigating an uncertain world.

You'd think that taking away uncertainty would make us less anxious. But instead, because technology has lessened our experience handling uncertainty, we're less prepared to deal with ambiguity when it arises.

In the meantime, the world has become more uncertain for the big things like forging a career and finding love. Secure employment is quickly becoming a thing of the past in the new gig economy. And having access to zillions of potential partners through online dating services keeps us anxious about whether or not we've truly found "the one" or if there's a better match a swipe away.

Therefore, combine a lack of experience dealing with small uncertainties with an expansion of big uncertainties,it's no wonder we feel anxious.

2. Technology allows us to avoid people (and the negative emotions that go with people).

Features and apps make our lives easier and more convenient, but one consequence of that convenience is that it lessens our interaction with other people. For example, I saw an ad on the subway for a food delivery service claiming to "Satisfy Your Craving for Zero Human Contact."

Sure, we all want to dodge the crowds and no one likes waiting in long lines, but when people-avoidance becomes a default, we end up with a dearth of experience. For one thing, we don't have as much information about what is likely to happen when we spend time with other people, so we default to predicting worst-case scenarios. Secondly, when we avoid people, our confidence is shaky. We're not sure how to handle things, think of ourselves as awkward, and step back from future opportunities.

And though we might blame our hermit-like behavior on people-hating or extreme introversion, it's probably more than that. What we're truly avoiding is the uncomfortable emotions that come with interacting with people like awkwardness, anxiety, boredom and self-consciousness. Practices like ghosting are the result of bad manners and conflict avoidance. But all the negative emotion you forego ends up dumped on the other person. It's the worst kind of outsourcing.

3. On-screen communication is really different from face-to-face.

I'm dating myself here, but remember when email first became popular (or for that matter, when the internet had a White Pages?) Experts in the early 1990s predicted we'd spend half our workweek sunbathing with the time we saved using this newfangled thing called electronic mail.

But what's happened in practice is that all the methods of communicating via a screen—email, texting, and posting to social media—actually allow us the comfort of reacting to things on our own timetable. And that takes up more time.

Here's what I mean: on-screen communication allows time to compose, edit, and perfect, whereas face-to-face communication (or even calling someone—that thing in our jeans pockets is called a phone after all) happens in real-time.

Again, it's additive. When we're accustomed to taking our time to think of exactly what we want to say, we find it harder to do it face-to-face and on the fly. And of course, when there's less real-time experience to draw on, we stay shaky and uncertain, which in turn makes us anxious.

4. Social media is judgment in public.

No matter the platform, likes, followers, and comments are measured for the world to see. Public adoration or public shaming happens in front of everyone. And for teens and young adults still figuring out their identity and moral compass, managing social media can feel like a social crisis.

Social anxiety is a fear of being revealed and judged as somehow deficient. And social media pushes all those buttons perfectly. In the short term, we may feel a sense of relief when we can curate and control our digital lives. But long-term, all the impression management that goes into curation and filtering can make us feel like any approval we get is more for our "brand" and less for us as an authentic human. The result? The gap increases between what we project and who we actually are, thereby increasing our anxiety about being revealed.

5. "Compare and despair."

Finally, by now we all know that social media is the highlight reel. No one posts about not being able to afford the electric bill or getting reamed out by the boss. We know the endless parade of pictures of tropical vacations and perfect families is a carefully curated show. But it's hard not to compare and end up feeling inadequate or defective, which, again, is the heart of social anxiety.

All in all, just like Homer Simpson says of beer, technology is the cause and solution to all of life's problems. Technology makes our lives more certain,

convenient, and entertaining, but we lose out on chances to practice coping with uncertainty, inconvenience, and boredom.

The solution? Remember the saying about the mind being a wonderful servant but a terrible master? Same goes for technology. Ironically, a number of excellent online interventions are available for social anxiety, from apps to teletherapy. And according to the research, they work.

Overall, the tide is turning. People are craving real connection. So don't toss your smartphone, but make room for people. Make time for face-to-face conversation. Before you tell your friend about your week over text, suggest getting together in person (and if you really want to take a risk, go to a real restaurant instead of ordering delivery)! In short, in addition to using technology for all the good it provides, make sure you're still interacting with your fellow humans. The date the iPhone debuted into our lives will still be an important date, but maybe it won't be one that will live in infamy.

How to Stop Being Jealous of Other People's Success

"100% of all haters in the world are unrealized potential."
Joe Rogan

You can tell a lot about a person by how they react to other people's happiness and success.
For many, we seem to get easily threatened when we see other people doing better than us in some area in life. We find it hard to be happy for them, but instead we have feelings of jealousy and envy.

I remember when I was young and whenever I used to see my peers succeed at something – whether it be grades, sports, relationships, jobs, etc. – I used to always try to downplay it. Good grades? "Lonely nerd." Good at sports? "Dumb jock." Good job? "Sold his soul to corporate America."

But the root of all jealousy is ultimately low self-esteem.

I'd see a friend's band play a show and I would think, "They aren't really that good. They make boring music. I could do better." But the truth is that it was better than anything I could've done at the time. I was just protecting my ego from getting too hurt.

Jealousy is a form of self-protection. And we can get jealous of all different types of success, merely because we aren't experiencing them yet in our own lives.

Maybe you see a friend in a happy relationship while you're still single, so you brush off their relationship as superficial or you say things like "it's never going to last" behind their back.

According to one study, feelings of jealousy and envy are particularly strong for those who spend a lot of time on social media, like Facebook and Twitter.
We live in a very jealous world these days. It seems like everyone's success and happiness is scrutinized and ridiculed, whether it's talking down on athletes, or musicians, or actors, or actresses, or any type of celebrity.

It's hard for us not to be haters sometimes. Some psychologists even say we've evolved to experience emotions like jealousy and envy as a natural response to our perceived "social rank" in society.
But that's the key – it's ultimately a perception – it's your own judgment of yourself compared to someone else. And while jealousy may be a natural response for many people, it's not necessarily healthy or beneficial.

Healthy tips to minimize your jealousy

- **Accept your jealousy.** – Jealousy is natural. Jealousy happens. Be honest about your feelings. Be honest about your slightly bruised ego when you see people do things you wish you could too.
- **Try to avoid comparing yourself.** – Remind yourself that everyone is on a different path in life. We all have some strengths and some weaknesses, but those don't define us as a complete individual. See the value in yourself without having to feel "superior" to anyone.
- **Reframe jealousy as inspiration.** – The truth is you feel strongly because someone has done something that you didn't accomplish for yourself. That can fuel

jealousy, but it can also fuel inspiration and motivation. Instead of downplaying people's accomplishments, think to yourself, "If they can do it, I can do it too!"

- **Compliment people's success.** – Make it more of a habit to compliment people on their success and accomplishments, even if you don't particularly like them. Celebrate with them. Be happy that they are happy. It's a whole lot healthier and less stressful than being a hater.
- **Pay attention to your "envy reflex."** There can be a wisdom to envy and jealousy. What are the things you *tend* to get the most jealous about? Those feelings can be a valuable sign pointing you toward the areas in your life that you need to put more focus in.

Are you someone who gets easily jealous? Do you feel like it's holding you back from achieving your full potential? I hope these ideas will help you handle your feelings of jealousy better in the future.

What is one psychological trick that one can apply to most people effortlessly?

- **Lips.** Corners of the lips that are drawn downward signify sadness.

- **Labeling**: When talking with someone, especially when you don't agree with them, confirming how they feel can help ease tension. For example, saying, "I can see that you're really passionate about this," helps validate their feelings and makes them more likely to listen to you.
- **The Zeigarnik Effect** says that people remember things they didn't finish better than things they did finish. This can be used to help people get more done. Even if you don't finish a task, starting it makes you more likely to remember it and finish it later.
- **Use people's names.** Using someone's name when you talk to them not only gets their attention but also makes them feel close to you and validated. It's one of the most simple psychological tricks that can be used easily.
- **The Decoy Effect**: This is a marketing technique that is often used. People are more likely to choose the more attractive option when they have three options, one of which is a less attractive version of one of the other options (the decoy). This can help you when you're negotiating or making a choice.
- **The Accessibility of People** tend to make decisions based on information that is easy for them to get. By making some information easier to find, you can affect what other people do.
- **The Scarcity Principle** says that people tend to want things that are hard to get or seem to be

in short supply. For example, saying "only a few left" can make people want to move faster.

- **The Foot-in-the-Door Technique**: People are more likely to say yes to a big request if they have already said yes to a small one. For example, if you want a friend to help you move, you could ask them to do something small like help you pack.
- **Politeness with a twist**: Sometimes, being too nice can make people feel like they have to do what you ask. For example, instead of just asking someone to pass the salt, you could say, "Would you mind passing the salt, if it's not too much trouble?" This makes it harder for them to say no without seeming rude.
- **The "Game On!" Signal**: This is about sparking the innate competitive drive in a man to crave your love and affection as a 'win'. When the thought crosses your mind, ***"I feel like I'm just a placeholder,"*** it's time to shift the dynamic. By sending him the right signals, you make him see you as the ultimate trophy worth fighting for. This means his energy, time, and passion are invested in making you happy. **The bonus?** He'll love the challenge, and it will keep the spark alive in your relationship.

Understand Anyone Through His/Her Behavior

1. If a person laughs too much, even at stupid things, he is lonely deep inside.
2. If a person speaks less, but speaks fast, he keeps secrets.
3. If a person sleeps a lot, he is sad.
4. If someone can't cry, he is weak.
5. If someone eats in an abnormal manner, he is tense.
6. If someone cries on little things, he is innocent & soft-hearted.
7. If someone becomes angry over silly or petty (small) things, it means he needs love.Try to understand people more.

How Should A 12 Yrs. Old Single Kid Manage His Life for Future Successes?

Managing life for a 12-year-old in Karachi, or any city, involves a balance between academic, social, and personal development. Here are some tips that may help set the foundation for future success:

1. Prioritize Education:

- Focus on school and develop good study habits.
- Seek help from teachers or classmates if needed.

2. Set Goals:

- Establish short-term and long-term goals for personal and academic growth.

- Break down larger goals into smaller, manageable steps.

3. Time Management:

- Learn to manage time effectively between school, homework, and extracurricular activities.
- Create a daily or weekly schedule to stay organized.

4. Extracurricular Activities:

- Explore activities beyond academics, such as sports, arts, or clubs.
- Discover your passions and interests.

5. Social Skills:

- Develop good communication and interpersonal skills.
- Learn to work well with others and be a team player.

6. Healthy Lifestyle:

- Prioritize physical health through regular exercise and a balanced diet.
- Ensure an adequate amount of sleep for proper cognitive function.

7.Cultural Awareness:

- Embrace the cultural diversity of Karachi.
- Learn about different traditions, languages, and customs.

8. Financial Literacy:

- Understand the basics of money management.
- Learn the value of saving and responsible spending.

9. Digital Literacy:

- Learn how to use technology responsibly.
- Understand the importance of online safety.

10.Build a Support System:

- Foster strong relationships with family and friends.
- Seek guidance from trusted adults or mentors.

11. Stay Curious:

- Cultivate a curious mindset.
- Explore new topics, ideas, and experiences.

12. Resilience:

- Develop resilience in the face of challenges.
- Learn from setbacks and use them as opportunities for growth.

13. Community Involvement:

- Engage in community service or volunteer work.
- Understand the importance of giving back to society.

14. Explore Career Options:

- Learn about different professions and industries.
- Talk to adults about their careers and experiences.

15. Stay Safe:

- Be aware of your surroundings and stay safe in the city.
- Follow safety guidelines and rules.

Encourage the 12-year-old to communicate openly with trusted adults about their experiences, challenges, and aspirations. Setting a solid foundation in these areas can contribute to a well-rounded and successful future.

Tactics Of Making Friendship And Growing Friendship Circle

Building friendships as a 12-year-old can be both exciting and challenging. Here are some tactics that may help:

1. Be Approachable and Friendly:

- Smile and make eye contact.
- Show genuine interest in others.

2. Find Common Interests:

- Join clubs or activities related to your hobbies.
- Participate in sports, arts, or other group activities.

3. Initiate Conversations:

- Start with simple greetings.
- Ask open-ended questions to learn more about others.

4. Be a Good Listener:
- Pay attention to what others are saying.
- Respond thoughtfully to their thoughts and experiences.

5. Share Your Interests:
- Talk about your hobbies and passions.
- Be enthusiastic, and others might share similar interests.

6. Invite Others:
- Organize small get-togethers or playdates.
- Invite classmates to join you in activities you enjoy.

7. Be Inclusive:
- Include others in your games or conversations.
- Avoid excluding anyone deliberately.

8. Show Kindness:
- Be kind and respectful to everyone.
- Offer help when someone needs it.

9. Develop a Sense of Humor:
- Humor can be a great way to connect with others.
- Be lighthearted and share laughter.

10. Be Yourself:
- Authenticity is important. Be true to who you are.

- Don't pretend to be someone you're not.

11. Handle Conflicts Positively:
- Disagreements happen. Learn to resolve them peacefully.
- Apologize if needed, and forgive others.

12. Use Technology Wisely:
- Connect through social media or messaging apps.
- However, prioritize face-to-face interactions.

13. Attend Social Events:
- Participate in school events, parties, or community gatherings.
- It's an opportunity to meet new people.

14. Develop Social Skills:
- Learn and practice good social skills.
- Understand cues like body language and tone of voice.

15. Be Patient:
- Friendships take time to develop.
- Don't be discouraged if things don't happen instantly.

Remember, the key is to be open, friendly, and proactive. Building friendships is a gradual process, and it's okay to take your time. If you find it challenging, don't hesitate to talk to a teacher, school counselor, or a trusted adult for guidance and support.

Using Aura for Psychic Power

A common reason for failure in magick is not having enough personal spiritual power to obtain the focus of the working. The more power your soul/spirit has, the more easily you will obtain what you want. This is analogous to the physical self, lifting or moving something. If you are not strong enough, it can be very difficult to impossible. The same applies to working magick. When you do magic, you are seeking to move the visible world through invisible forces. How much you can move depends on power.

Your Aura is your soul power. Your Aura is your energy being released into the external and concentrated into a circle around you. When you want to influence your reality environment around you, concentrate energy into your aura and put in the kind of emotion and intent you would like it to have. We can effectively program our auras to do things. You can program your aura to attract members of family or any who are angry upon you. You can program your aura to attract prosperity and success to you.

The more powerful your aura/soul is, the easier it is to get what you want with lesser effort and time. Performing so-called "miracles" only requires a powerful soul/aura and the knowledge to use it. A powerful aura gives health, happiness, charisma, and energy. People with weak auras are usually in poor health and are

depressed. Our personal energies act on our environments and direct our fate. People who have weak auras are usually prone to misfortune. Empower yourself and things go in your favor.

Can You Teach Me A Weird Psychology Trick?

1. Observe a person's parents to understand them.

A person's ability to love comes from parents, and discipline also comes from parents.

2. Don't make a decision when you're crying, the less you speak when your feelings are negative, the better.

3. When someone agrees to your first request, there is a good chance that they will agree to the second request.

4. Curiosity can overcome fear.

5. You won't be depressed when you run.

6. Letting go will only make things worse.

7. First of all to meet each other's needs, you can cultivate good interpersonal, cooperative relationships.

8. Most people are unbelievers, have a fragile self-esteem

9. If a person is not good at expressing himself, he will be neglected.

When two people dine together, if you want to know if the other person has potential affection (friendship and love applies) to you, pick up a cup and take a sip of water. If the other person also subconsciously picks up their glass and drinks water, they are more likely to have a potential interest in you.

10 Signs that you are mentally well settle

1. Emotional Stability: You experience a consistent sense of emotional well-being and can effectively manage and express your emotions.

2. Healthy Relationships: You maintain positive and fulfilling relationships with friends, family, and colleagues.

3. Stress Management: You handle stress in a constructive manner and have effective coping mechanisms.

4. Self-Awareness: You have a good understanding of your own thoughts, feelings, and behaviors.

5. Productivity: You can accomplish your tasks and responsibilities efficiently without feeling overwhelmed.

6. Balanced Lifestyle: You maintain a balanced and healthy lifestyle, including regular exercise, proper nutrition, and adequate sleep.

7. Resilience: You bounce back from setbacks and adversities with a positive outlook.

8. Purpose and Meaning: You have a sense of purpose in life and find meaning in your daily activities.

9. Open-Mindedness: You are open to new experiences, ideas, and perspectives, and you adapt to change effectively.

10. Self-Care: You prioritize self-care and engage in activities that promote your mental and physical well-being regularly.

Difficulties, problems, obstacles are blessings of God

The idea that difficulties, problems, and obstacles can be considered blessings is often rooted in philosophical or spiritual perspectives. Here are a few interpretations of this concept:

1. Learning and Growth: Some believe that challenges are opportunities for personal and spiritual growth. Facing difficulties can lead to self-discovery, resilience, and the development of inner strength. Overcoming

obstacles may provide valuable lessons that contribute to an individual's overall wisdom and maturity.

2. Character Development: Difficulties can shape one's character and foster qualities such as patience, perseverance, and empathy. Navigating through tough times can help individuals cultivate virtues that contribute to their well-being and the well-being of those around them.

3. Divine Testing: In various religious and spiritual traditions, challenges are seen as tests or trials that individuals face in order to prove their faith, dedication, or moral character. Overcoming these trials is believed to bring individuals closer to a higher power or spiritual enlightenment.

4. Redirecting Paths: Challenges can sometimes lead to unexpected positive outcomes. What initially appears as an obstacle may redirect a person towards a more fulfilling or purposeful path in life. Adversity can serve as a catalyst for positive change and redirection.

5. Appreciation for Blessings: Facing difficulties can enhance one's appreciation for the positive aspects of life. The contrast between challenging times and moments of ease or success can deepen gratitude and mindfulness.

It's important to note that this perspective may not resonate with everyone, as individuals have different beliefs, philosophies, and ways of interpreting life's

challenges. Some may view difficulties as purely negative experiences, while others find meaning and purpose in them. The perception of obstacles as blessings is subjective and often depends on one's personal beliefs and worldview.

How to reach self-actualization – Maslow's 8 proven methods

By Operation-Meditation

To become self-actualized means that you are living to your true potential. The term was coined by Abraham Maslow back in 1954, when he wrote about the 'hierarchy of needs'. In this hierarchy, people have the ability to pass through different levels of growth from biological/physiological needs at the bottom through levels of 'safety', belonging/love, and selfesteem to finally reaching the final level of growth which he called self-actualization.

Maslow was particularly interested in this group and he estimated that only one in a hundred people would ever obtain this level. People who have obtained self-actualization typically have some common qualities, including the ability to see life more clearly and to put others' needs before their own. They also share other qualities including a well-developed or even quirky sense of humor, a distinct need for solitude, spontaneity and high levels of acceptance of both themselves and others.

If you would like to achieve this highest level of personal development, Maslow has taught us that there are some effective methods that will allow you to reach self-actualization:

1. Experience life fully and vividly : Maslow taught us that the process of self-actualization begins when we start to become completely immersed in our experiences – living fully, vividly and selflessly.

2. Be honest in your choices : Think of life as a series of choices, one after another. If you are being truthful with yourself as you make your choices, then you are on the way to being selfactualized.

3. Be aware of the uniqueness of yourself : As you realize that you are unique and begin to learn how to express yourself and your feelings truthfully, rather than reflect what you believe others want you to do or say, then you are on the right path.

4. Act with integrity: If you have a choice, act in a way that is honest and true to your nature. As you take responsibility for your own actions you will be working on the way to self-actualization.

5. Be courageous: Learn to have the courage to express your likes and dislikes and to speak up if someone's actions are not pleasing to you.

6. Self-development: Becoming self-actualized is not an end-state, rather it is a process.

Maslow talked about it being the process by which you 'are working to do well the thing that one wants to do'.

7. Peak experiences: Maslow talked a lot about 'peak experiences', describing them as 'transient moments of self-actualization'. These experiences are times that you feel truly at peace and in harmony with your environment and the universe and are marked by a feeling of euphoria and deep joy.

8. Lack of ego defenses: Learning to let go of troublesome defense mechanisms that you may use to

protect yourself is a necessary part of this process. For example, if you have a tendency to blame your partner for your frustrations or to become angry when things do not go your way, then learning to react in a different manner is part of becoming self-actualized.

Maslow's guidelines are a useful tool, but many people have found that it can be difficult to bring so much change to bear in their lives with just the force of will. You may find that meditation may be a very valuable strategy to help you truly integrate Maslow's ideas into your life. Learning to meditate is useful in so many ways, not the least of which is that meditation allows you to access your subconscious mind, gaining access to your inner wisdom. It only takes a short time to learn and great benefits can be gained from as little as 20 minutes per day. You have within you already the inner wisdom that will allow you to truly reach self-actualization and practicing meditation will quickly allow you to reach this goal.

3 Types of Exaggerated Thinking That Create Unnecessary Drama

by Steven Handel

We all exaggerate sometimes. And it's not always a bad thing, especially if it's just spicing up a story to a friend or making fun of a little thing that happened to us on the way to work.

However, I often find that people who are the most stressed in life also have a strong tendency to exaggerate

every little bad thing that happens to them. They can't handle something without treating it like it's the end of the world.

Of course, everyone experiences daily stress and frustrations, but when we exaggerate these bad experiences we often add unnecessary stress and drama to them that doesn't have to be there.

Even if we think we are just being playful with our exaggerations, it's still important to be mindful of them. You may think to yourself, "I'm just joking," but if you say these things repeatedly then your mind begins to believe it at an unconscious level.

In today's world, "exaggeration" seems to be an all-too-common response to our daily lives. People seem to enjoy turning ant hills into mountains, maybe even because they are addicted to their own problems and drama.

Here are 3 main ways your exaggerations can create unnecessary stress. Try to be more careful about these types of exaggerations in your own thoughts and speech.

Overgeneralizing

Overgeneralizing is when we overestimate the frequency that something happens to us.

For example, many times something bad will happen to someone – maybe they spill something on their shirt, or get rejected from a potential date, or lose their favorite

pair of shoes – and they will think, "This always happens to me!"

Often, this is a type of exaggeration. Some people seem to only remember the times that something bad happened to them, but forget all the times something bad didn't happen to them.

It's important to avoid this kind of distorted thinking. When you find yourself thinking like this, try to take a step back and actively look for past events or situations that prove you wrong.

Is it really true that this "always" happens to you? Can you think of any time that things didn't turn out that way? All it takes is one example to prove your exaggeration is misguided or incorrect.

Catastrophizing

Catastrophizing is when we overestimate the importance of something that happens to us.

In the heat of the moment, it can be really easy to feel like this one bad thing is going to change the course of our lives forever – or that it really is "the end of the world." But often this isn't the case.

What seems like a really big deal at the time is often a lot less significant when we look back on it days, weeks, or months later.

Signs of catastrophizing in your daily life include saying things like, "This is the worst day ever" or "I'll never be

happy again" or "I'm a complete loser who fails at everything."

These are often exaggerations that don't reflect the truth. And when you make things out to be worse than they really are, it makes the experience that much more stressful and painful.

For example, if you're telling someone about something bad that happened to you earlier, and you exaggerate it to make it seem much worse, you are not only "re-living" the stressful experience, but also intensifying your memory of it.

Next thing you know, you tell the same story to 2-3 more people and a tiny stress that you could've just let go of in the moment has now transformed into something much bigger and stronger than it needs to be.

Don't get me wrong, bad things happen to people – but we need to learn to let go of the small stuff and not have to create a tragedy out of every story. These type of exaggerations can become unhealthy.

Jumping to conclusions

Jumping to conclusions is what happens when we overestimate our knowledge about a situation and make a snap judgment.

When we jump to conclusions, we often think we know a lot more about an event than we really do. This illusion of knowledge can end up giving us a wrong or misguided

impression of a situation, because we usually don't know all the relevant facts.

For example, our spouse comes home late one night, so we assume they must be cheating on us, without getting the full story.

Of course this type of over-reactive thinking can lead to a lot of unnecessary drama and stress. It often leads to us not only misreading a situation, but then acting in a way that only makes it worse.

Be careful when you find yourself making exaggerations like, "I'm 100% certain" or "I know as a matter of fact" or "There's no way that happened" when the truth is you usually don't know for sure what's true.

Often it is better to suspend your judgement until you have enough facts and reasons to support it beyond a reasonable doubt. Snap judgements can be wrong and dangerous.

If You Think You're Being Manipulated...

Manipulative people can be found in every walk of life. You might meet them at work where they take credit for your achievements, or in social situations where they are controlling, demanding, and even abusive.

Knowing the right words to deal with these people can give you the strength to stand up to them or walk away.

In the cases of romantic relationships, manipulation is probably a sign of an abusive relationship, so the best thing to do is to run fast and far away.

Once equipped with the terms, it can be easier to see manipulative people for who they really are, and you can gain the strength to walk away.

Here are 9 phrases you should know if you think someone is manipulating you, and what they mean.

1. Monitoring

binos

Manipulative people always have an eye on their victim.

In the first stages of a romantic relationship, it's normal to feel butterflies, and want to know what your new partner is doing all the time. However, if the person you're starting to be intimate with is manipulative then their affection and attention could be love bombing.

Lisa Aronson Fontes is a psychology researcher at the University of Massachusetts Amherst and author of "Invisible Chains: Overcoming Coercive Control in Your Intimate Relationship." She told Business Insider that if your boyfriend or girlfriend wants to be in constant contact with you, it could be a warning sign. In fact, constant texts and phone calls can be a form of stalking.

Not replying to the barrage of messages may end with you being on the receiving end of your partner's wrath,

which is a huge red flag. You deserve your space, and anyone worth your time will know and respect this.

2. Object constancy

couple narcissists

They don't have any empathy.

Everybody falls out sometimes, especially in romantic relationships. However, the level to which manipulative people like narcissists get angry with their significant others is beyond what is acceptable.

Those with personality disorders like narcissism lack something called "object constancy," which is the ability to keep your positive feelings about someone whilst also being angry, annoyed, or disappointed in them.

When they hurl insults and scream at their partner, narcissists don't feel any of the affectionate feelings they once had. That's why they can seem like a completely different person in these moments, like Jekyll and Hyde. Their reaction is so powerful it can make the victim feel as though they must be in the wrong, which means they start altering their behavior to make their controlling partner happy.

3. Moth to a flame

drama queen

They will appear very attractive. AWP76 / Shutterstock

Contrary to popular belief, manipulative people often seek out those who are strong and confident to prey on, because it makes them feel superior. Targeting vulnerable people doesn't make them feel powerful, so they will often go after you because they see the positives in you — like a moth to a flame.

If someone is manipulating you at work, it's probably because they see your skills and they want to look like they're even more skilled than you. In a relationship, they want other people to know that someone as great as you has chosen to be with them. It's only behind the scenes that they start to bring you down, because that way they can start to break your confidence. Lower self-esteem makes it more likely

you'll stick with a controlling partner, because you may feel like it's what you deserve.

4. Flipping the script

scary mask

All is not what it seems. Shutterstock

Manipulative people are masters of smoke and mirrors. If you are their target, they will have intensely studied you, and will know all of your strengths and weaknesses.

These are the tools they need to know how to wind you up. Often, they will also accuse you of the very things they have done themselves. For example, if they have cheated on you, they may accuse you of being unfaithful.

If they are constantly cancelling your plans, they might tell you you're guilty of not giving them any freedom.

Confusing their partner and making them emotional makes manipulative people feel victorious.

Ultimately, to a manipulator, everything is a game. The only way to get out of the game is to leave the relationship and establish no contact. In a work environment, you have to learn to not hold them accountable or to expect apologies. When they learn they can't rile you up, they will move on.

5. Gaslighting

sad man break up

Prepare for reality to warp. ESB Professional / Shutterstock

The term "gaslighting" was coined from the 1944 film "Gaslight" where a man controls and tricks his wife into believing she is losing her mind. Nowadays it is a term to describe how manipulative people gain power over someone else by making them feel like they are going crazy.

Manipulators lie, make things up that never happened, but say things in such a convincing way and with such conviction, that their victims end up believing it is the truth.

It happens slowly, a small lie here and there, so the victim doesn't see the bigger deceptions coming. It's like the

"frog in the saucepan" analogy — the water in the pan is heated up slowly so the frog doesn't realise it is starting to boil to death.

6. Perspecticide

woman sad relationship

You may live in fear.

Beyond gaslighting is something called "perspecticide." This happens when the manipulative person has made someone believe so many things that aren't true, they no longer know what is real.

When this happens in romantic relationships, the victim is effectively a prisoner in their own life, not being allowed to do anything or even think on their own terms. The controlling partner may cut off resources like money, a phone, or transport to make sure the victim cannot do anything for themselves.

Even things like their own beliefs and religion are compromised, because the victim lives in total fear of putting a step out of line all the time.

7. Trauma bonding

brokenheart

Getting away will be tough.

From the outside, people may look into abusive relationships and wonder how the victim stuck around

for so long. One of the answers is something called "trauma bonding."

Manipulative, abusive people tend to be cruel to their partners, and hurl insults at them. They sometimes are also physically violent. However, they didn't start off this way when they were reeling in their victim.

Manipulators also give their partners intermittent periods of love and compliments to get them to stick around. These moments are given when the partner has "behaved" or has done something right. It's a way of being conditioned, and the victim gets biologically addicted to the emotional push and pull.

"You have this back and forth, and the body becomes addicted," said Shannon Thomas, a therapist and author of Healing from Hidden Abuse. "When we're looking for something that we want, that we once had, which is a connection with somebody, and they are playing cat and mouse where they are pulling it back and forth, then the body really does become dependent on having that approval."

8. 'But he didn't hit me'

really sad

Psychological abuse is just as damaging as physical abuse.

One of the most worrying things a person can say when they're in a damaging, toxic relationship is: "but he didn't hit me."

Psychological abuse is just as damaging as physical abuse, but it's harder to identify because there aren't physical scars. Unfortunately, manipulative people are often aware of this, and they can use this to their advantage. They know physical violence is the breaking point for many people, and so they will abuse and control their partner in every way up until that point.

"When people say, 'but he didn't hit me,' what they often mean is that they would leave if they were hit," said Lisa Aronson Fontes, a psychology researcher at the University of Massachusetts Amherst. "Their partners exert control one thousand ways but may stop short of hitting, if they know that would 'break' the relationship."

9. Bargaining

sad woman broken heart

Don't compromise on your safety.

Manipulators do not like losing. If you take a step back, or you leave a relationship with them, they will beg for a second chance if they think they can still gain something from you.

They are likely to give the fight of their life to keep you around. They might tell you how they will change, or how you will never find someone who loves you as much as

them. However, all the promises are empty, and it's not in your best interests to get back with them out of fear.

Overcoming The Dependent Mindset

In the book “Dances with Dependency; Out of poverty thru self-reliance,” author Calvin Helin gives readers an in-depth look at the economic crisis that has plagued the indigenous communities of the US and Canada for over 500 years. Helin correlates the impoverishment and despair of the native people to a "dependency mindset" that was forged by welfare economics. As with Newtonian Physics, the paradigm that existed centuries ago isn't compatible with today's society. What’s needed is a paradigm change from force to power, that focuses on cooperation and self-reliance instead of adversarial authority and control; that is outdated and harmful to all parties involved. Did this country not reject the colonialism that was offered by the British?

Adding more inadequate, taxpayer-backed programs is not the solution to the current problem that the Native American people face. Not only do they cripple Native people economically, but they force an air of isolation and inferiority upon them. You’d think that after 500 years and countless dollars spent there would be a solution in site. Sadly this is not the case. Keeping the current policies in place will only ensure that they are kept ‘quarantined’ on reservations, isolated and banished from mainstream society. Einstein stated that the level of thinking that produces a problem is not sufficient enough to solve it; to advance, our thinking and our actions must evolve. These communities and their people will not advance until the paradigm has

completely evolved. It will take a new level of thinking to create meaningful solutions that lift the shackles from Natives, as well as us.

If there's ever a time in history to hear from our Native American brothers and sisters, it's now. The original keepers of the earth have seen the damage done to our environment and their wisdom could be the key to correcting it. Terrorism and oil wars threaten our way of life, but did you know that there are more natural gas and oil reserves on Native American lands than anywhere else on earth? A cooperative relationship has immense potential to be mutually beneficial to not only the advancement of Native Americans, but for the advancement of the country as a whole. This is a win-win if you will.

If America's first people feel oppressed or taken advantage of, one must wonder why we have more enemies currently than any other time in history. Hint here: There is more than one side to every story and we almost always only hear the one told by the oppressed. What were once barren, desolate lands are now 'prime' real estate more than most people think.

The wisdom, customs, traditions, and history of Native Americans need to be welcomed back into our society in a big way. Their cultural heritage needs to be shared with the modern society. Our society is dependent on all of its individual parts. Observing each other's differences, ensuring each other's rights, and maintaining a brotherhood is what makes us strong.

Personality Type Explained

According to Carl G. Jung's theory of psychological types [Jung, 1971], people can be characterized by their preference of general attitude:

- Extraverted (E) vs. Introverted (I),

their preference of one of the two functions of perception:

- Sensing (S) vs. Intuition (N),

and their preference of one of the two functions of judging:

- Thinking (T) vs. Feeling (F)

The three areas of preferences introduced by Jung are *dichotomies* (i.e. bipolar dimensions where each pole represents a different preference). Jung also proposed that in a person one of the four functions above is dominant – either a function of perception or a function of judging. Isabel Briggs Myers, a researcher and practitioner of Jung's theory, proposed to see the judging-perceiving relationship as a fourth dichotomy influencing personality type [Briggs Myers, 1980]: • Judging (J) vs. Perceiving (P)

The first criterion, **Extraversion – Introversion**,
signifies the source and direction of a person's energy expression. An extravert's source and direction of energy expression is mainly in the external world, while an introvert has a source of energy mainly in their own internal world.

The second criterion, **Sensing – Intuition**,

represents the method by which someone perceives information. Sensing means that a person mainly believes information he or she receives directly from the external world. Intuition means that a person believes mainly information he or she receives from the internal or imaginative world.

The third criterion, **Thinking – Feeling**,
represents how a person processes information. Thinking means that a person makes a decision mainly through logic. Feeling means that, as a rule, he or she makes a decision based on emotion, i.e. based on what they feel they should do.

The fourth criterion, **Judging – Perceiving**,
reflects how a person implements the information he or she has processed. Judging means that a person organizes all of his life events and, as a rule, sticks to his plans. Perceiving means that he or she is inclined to improvise and explore alternative options. All possible permutations of preferences in the 4 dichotomies above yield 16 different combinations, or *personality types*, representing which of the two poles in each of the four dichotomies dominates in a person, thus defining 16 different personality types. Each personality type can be assigned a 4 letter acronym of the corresponding combination of preferences:
The first letter in the personality type acronym corresponds to the first letter of the preference of general attitude - "E" for extraversion and "I" for introversion. The second letter in the personality type acronym corresponds to the preference within the

sensing-intuition dimension: “S” stands for sensing and “N” stands for intuition. The third letter in the personality type acronym corresponds to the preference within the thinking-feeling pair: “T” stands for thinking and “F” stands for feeling. The forth letter in the personality type acronym corresponds to a person’s preference within the judging-perceiving pair: “J” for judging and “P” for perception. For example: • ISTJ stands for Introverted, Sensing, Thinking, Judging • ENFP stands for Extraverted, iNtuitive, Feeling, Perceiving

The 16 personality types ESTJ ISTJ ENTJ INTJ ESTP ISTP ENTP INTP ESFJ ISFJ ENFJ INFJ ESFP ISFP ENFP INFP

Self-criticism Does Not Help You Succeed

"You are treating yourself in present time much as you were treated by others in the past. And you punish yourself far more than anyone would ever punish you." -- L. Ron Hubbard

How have people treated you in the past?

Have you ever noticed that you treat yourself the same way?

Unless everyone has always treated you with respect and kindness, you might criticize yourself from time to time. And self-criticism or self-invalidation, ruins your success.

False Ideas

At some point, you may have accepted the following ideas to be true.

"If I cut myself down before anyone else cuts me down, I win!"

"I respect Joe's opinion. Joe thinks I'm an idiot. So I must be an idiot."

"If I punish myself, maybe others will leave me alone."

Of course, all ideas like these are nonsense.

True Ideas

To succeed, you need to treat yourself with respect and admiration. To succeed, you need a high opinion of yourself.

"Actually you are a giant tied down with cotton lint. You tied the knots and furnished the string and said where you'd lie." "The cold, basic truth is that you are a vital and necessary part of this world." -- L. Ron Hubbard

Three Tips for Improving Your Opinion about Yourself

1. Every time you criticize yourself about something, add a solution. Decide on a way to fix the weakness. Focus on improvement instead of problems.

For example, "I'm so stupid! Why didn't I ask him about his other company when I had the chance? No wonder I'm such a loser . . . wait, how can I fix this? From now on, I'm taking five minutes before each important meeting and writing a list of things to do so I don't mess up again. Great idea!"

2. Write down things about yourself of which you are proud. If necessary, start with small things, such as good personal habits. Keep writing until you improve your opinion.

For example, "I might be fat, but I brush my teeth regularly. I'm eating more vegetables these days. I haven't gotten angry at my kids for a month. I'm earning more money this year. I'm helping Joe with his smoking problem . . . ."

If you want to permanently improve your opinion of yourself, you need to go deeper. The solution lies below your conscious level. "Dianetics: The Evolution of a Science" explains how you can find and erase the roots of your irrational thoughts.

How Divine Timings Works

Nature And How Man Can Get Benefit From It

Divine timing is the belief that everything that happens in our lives happens for a reason and at the right time. It is the idea that there is a higher power or force at work in the universe that is guiding our lives and helping us to achieve our goals.

There are many different ways to understand divine timing. Some people believe that it is a sign from God or a higher power. Others believe that it is simply the result of the laws of nature or the universe. Still others believe that it is a combination of both.

There are many ways to see divine timing in action. For example, you may have been waiting for a job offer, and then it comes just when you need it most. Or, you may have been trying to manifest a specific relationship, and then it happens when you are finally ready for it.

Divine timing can also be seen in the small things in life. For example, you may be running late for an appointment, but then you find a parking spot right in front of the building. Or, you may be lost, but then you come across a helpful stranger who shows you the way.

There are many benefits to believing in divine timing. First, it can help you to relax and let go of control. When you trust that everything is happening for a reason, you don't have to worry about trying to force things to happen. This can lead to a more peaceful and stress-free life.

Second, believing in divine timing can help you to be more patient. When you know that everything will happen in its own time, you don't have to rush things. This can lead to better decisions and more fulfilling experiences.

Third, believing in divine timing can help you to be more grateful. When you see the good in all that happens, you are more likely to appreciate the positive things in your life. This can lead to a more joyful and fulfilling life.

No matter how you understand it, divine timing can be a powerful force in our lives. It can help us to trust in our intuition, to let go of control, and to surrender to the flow of life. It can also help us to manifest our desires, to achieve our goals, and to live a more fulfilling life.

There are many ways to benefit from divine timing. Here are a few:

- **Trust your intuition.** When you trust your intuition, you are more likely to make decisions that are in alignment with your highest good.
- **Let go of control.** When you let go of control, you open yourself up to the possibility of divine timing.
- **Surrender to the flow of life.** When you surrender to the flow of life, you allow yourself to be guided by the universe.
- **Manifest your desires.** When you believe in divine timing, you are more likely to manifest your desires.
- **Achieve your goals.** When you trust in the universe, you are more likely to achieve your goals.
- **Live a more fulfilling life.** When you live in alignment with your highest good, you are more likely to live a more fulfilling life.

Divine timing is a powerful force that can help us to live our best lives. If you are open to it, divine timing can help you to trust your intuition, let go of control, surrender to the flow of life, manifest your desires, achieve your goals, and live a more fulfilling life.

Here are some signs that you may be experiencing divine timing:

- You keep seeing repeating numbers, such as 1111 or 222.
- You have synchronicities, such as meeting someone who you know is meant to be in your life.
- You have a strong feeling that something is going to happen, and then it does.
- You feel guided to take a certain action, and then it leads to something positive.
- You have a sense of peace and calm, even when things are chaotic around you.

If you are experiencing any of these signs, it is a good indication that you are open to divine timing. Trust your intuition and follow your heart, and you will be led to the right path.

What should I do if I want a better life?

What is a better life for you? What does that mean?

More money? Big job? Bigger house? Materialistic things?

Or is it peace of mind, fulfilling days and a meaningful journey?

If what you're longing is the former, well, you're in for a disappointment, my friend.

When you place your happiness on external things and events and believe you'll be better off when you achieve them, you're being a victim of your own circumstances and letting your well-being be determined by everything but yourself.

If that's the case, you'll never be happy or satisfied, since the moment you get to the next step and you see your current goals accomplished, new goals will arise and that will turn into a loop of always wanting more that will never end.

On the other hand, if what you're asking is how you can change your perspective and be the creator of your own reality by focusing on what really matters so that you don't depend on anything but yourself to be ok, you're in for an amazing adventure that eventually will actually lead you to a better life.

The moment you understand that happiness is an inside job and peace of mind is a conscious choice, that's when you're free to start making your way to a meaningful and fulfilling life journey.

So, for a better life in that sense…

- Start making more conscious choices instead of just reacting to life.
- Change the victim mindset for accountability for your own actions.
- Forget about what you can't control (most external events and what other people do), and focus on what you can control instead (how you take what happens and what you make of it).
- Appreciate and be grateful for what you have, instead of focusing on what you don't. Change the perspective of lack for one of abundance.
- Don't wait for things to happen to feel good or be happy. You choose to be happy and you can decide to be ok no matter what goes on in your life. It's like a fucking superpower if you practice it.
- Choose to act from love rather than from fear. Set kindness as your natural default mood and you'll always win.
- Drop the expectations. Take whatever happens as a part of your journey, accept it, embrace it and make the most of it.
- Live in the present moment. The past is gone and the future doesn't exist. Be here and now.

It's all about being more self-aware and conscious about your journey as a whole, what you think, your emotions and what you do about it.

It takes practice, since we are so used to run on autopilot from our subconscious programing made up by our trauma, beliefs and past experiences, but the moment

you start unveiling that program and own it, you're free to be who you really are.

How can I become more self-aware?

Practicing it daily.

Ask yourself questions about your thoughts and actions in every situation you find yourself in…

"Why do I do what I do?" "Why are my thoughts the way they are?"

Challenge your own beliefs…

"What would I have to believe about myself to feel this or act like that?"

The more you listen to yourself and audit what you do, the more you'll get to know who you are now and how that relates to your true self.

It's all about being more conscious of all the things you do unconsciously.

And the moment you own them by acknowledging their existence, that's when you can actually let your intuition guide you and be your true self, because you're acting freely instead of letting an underlying program of beliefs and conditioning run your life.

I wish you all the best in that amazing journey,

There's just only one source of stress in anybody's life. No matter who you are, where you're from, what you do or what your life situation is.

We all think our source of stress may be our job being hard, our financial problems, our issues with this or that other person, a partner that seems to not love us the way we love them, the exams at school, the traffic jams every day, the noisy neighbors…

When in fact, all those things are just simply events happening in our lives and people we share them with.

The true real and only source of stress in our lives is how our own mind chooses to see those events.

What happens in our lives, any external event, is neutral, it is not good or bad, it's just something that's going on and we happen to be there.

A traffic jam, is it stressful? Well, *per se* it's not. It's just a bunch of cars, one after the other, right?

What's stresses us about that situation is our mind telling us: "we're going to be late", "every day it's the same shit", "I hate my job and I have to put up with this too"…

It's always our own mind, that's full of acquired beliefs and expectations about ourselves, our lives and how they should be, and conditioned by our past experiences, decisions and trauma, that messes with us all the time,

specially when there's a situation that is not pleasant or desired.

And that happens as long as we play along and that inner program in our brain runs on autopilot without anybody trying to stop it or change it for a better one.

How can we change it?

We just need to be much more self-aware and make conscious choices in our life instead of letting us be run by our emotions and predetermined reactions.

Instead of getting mad at the traffic jam and make our blood pressure raise and have a really bad time while we're there, how about accepting that we're there and we can't change it, put on some music, relax and enjoy the ride instead?

Simple, not easy when you're used to try to control all the uncontrollable events in your life.

Source Of Stress And How To Alleviate It?

When it comes to problems with other people, or issues at work, we can also choose how we consciously respond to them instead of just reacting like we always do.

You always have the option to stop, breathe and try to see the situation differently.

There will be stressful moments, of course, like fight or flight events, when you don't have that time to think and assess, but those only last for a brief space of time and then they're gone, just don't let those stay as an emotional memory of how you need to solve every single situation.

Always remember, nothing out there is causing you to be stressed, you are doing it yourself by how you choose to see what's happening.

And I'm not saying it's your fault to be stressed, but it's in your hand to change it by being more conscious about yourself and what's around you and choosing to respond in a way that helps your inner peace, and this is a skill you can train by being more self-aware.

The good news about this is that if you're the one making yourself be stressed, you have the power to also be the one not causing it, so it's only in your hands to be ok.

Nothing or nobody out there has the power to get to you in you don't let them.

You got this.

Un-stress yourself by always choosing your inner peace before anything else.

Not Take life too seriously!

The more you act following your mind, the more seriously you're taking everything, because your

mind is always acting from fear, reminding you of the potential dangers and holding expectations.

On the other hand, when you're acting on your passions, your excitement, following your gut feeling, your instincts… you're acting from unconditional love and that's when you're being free and letting your true self express its full creativity, and therefore you're taking life more as a fun adventure.

Fear is what makes us worry, make a big deal out of every little thing and try to always be controlling all the outcomes and potential scenarios.

Love gives us the possibility of living without those limitations the mind sets for our survival by surrendering to the natural unfolding of events and making the most of the experience itself.

You take life too seriously when you're dwelling on what happened in the past, and trying to predict what can happen in the future.

You treat it like a fun game when you focus on the present moment, right here, right now, and make the most of it, whatever it is that's going on, because you know that's the only thing that matters and you trust the process.

In the end, it's all a matter of letting go of trying to control life and live it instead.

'To have faith is to trust yourself to the water. When you swim you don't grab hold of the water, because if you do

you will sink and drown. Instead you relax, and float.' — Alan Watts.

Whatever it is that's going on in your life right now, no matter how cruel, challenging or dark it looks like, treat it like a game, just like it's an experience that's unfolded in your path and that's a part of the journey to know yourself better. If it's happening, it's there for a reason.

Even during the most difficult moments of your life, specially during those moments, remember that you're an eternal soul who came here for the fun of it, keep that in mind and it will change your perspective.

Easy? Hell no, because we're always trying to make sense of everything from our analytical minds that want to protect us and take control.

Simple? Oh, yeah! It's all about living instead of wasting time trying to figure out life.

Smell the roses, dance in the rain, help others, take a nap, have a laugh with friends, take that trip, dare to dream big, do whatever it is that makes you feel good, lifts your spirit and makes your soul smile.

That's what this is all about.

The moment you stop caring about what doesn't matter at all and start treating this amazing adventure that is life like the sickest ride you'll ever experience… Pure freedom and bliss.

I truly believe, that perspective is the real goal, the purpose why we're all here.

Choose Your Own Path In Life

You got two choices in your life, my friend…

You're either acting from fear, being the character you're supposed to be in every situation and doing what you're supposed to do letting your mind and conditioned emotions do the talking, or you're acting from love, in which case you're listening to your intuition and letting it guide you by being authentic and doing what feels right for yourself no matter what.

On both cases, your life will be happening according to your own choices, cause in the end our reality is shaped by our own actions and perception of their outcomes.

So, I guess you're asking about how to lean a bit more towards the second option, right?

Well, that's the challenging option, the hard path, the way brave people choose to live their lives.

It's the way where you will face your fears, fight your demons and remember who you really are by being more self-aware and making more conscious choices.

So, if that's the way you want to take, you're in for a wild and uncomfortable ride, my friend, but I truly worthy one as well.

I'm learning on the way, since I discovered I had that option a while ago, but I guess I can give you a little blueprint as to how to start going on the right direction:

- **First you will need to be able to put to the test every single belief that you hold.** You need to understand that we're running on a program that we learn as kids which is composed by acquired beliefs from our parents and social conditioning from our childhood. So you're not thinking and acting from your true self, but from the character you've been turned into to fit in.
- **You have to start being more self-aware and conscious about what you do and what's around you.**
  Instead of running on autopilot from those acquired beliefs, you need to find what your true beliefs are, those which are aligned with who you really are. So, whenever you feel uncomfortable, frightened, sad or angry, that's your cue to stay in that emotion and see what belief you're holding that makes you feel like that, so that you can understand where it comes from, let it go and change it by what truly resonates with your essence.
- **Act on your intuition and do what feels right for yourself according to your true beliefs.** Once you've understood who you're not, it's the moment to surrender to who you really are and let your intuition be your guide. From now on, you're not going to let anything that's not

aligned with your true self step into your life and that's going to turn your life into a much more meaningful and fulfilling journey.

- **Accept and be grateful for the outcome no matter what it is.**
  Don't try to control what happens, just focus on doing what feels right and resonates with you. Accept the result and be grateful for it, since even if it doesn't look like it at the moment, whatever happens in your life when you act from love is always there for your benefit.

It's as simple as letting your gut feeling lead the way and perceiving whatever result of it as a positive outcome in your journey for your own growth and enjoyment.

Keep doing that trying not to judge or label what happens.

It's not easy, when you've always acted from fear, trying to control the outcome from your own expectations. It only takes conscious practice, patience and the understanding that you're enough as you are and what you feel is right, so you can feel free to act on it.

I really encourage you to try it out, be more conscious about your daily life and listen to your inner voice and your excitement. Do that and you'll see a really interesting change in your life for the better.

How can I control my thoughts?

Your thoughts right now are the result of the conditioning and acquired beliefs you've learned through your life and mainly in your childhood. They are automatic responses to your environment that come from the program you've got running unconsciously.

So, the only way to get to that program and try to change it or at least minimize its effect on you is to make it conscious.

When you become aware of what's unconscious and make it conscious, that's the moment when you can start to change it.

The key is to start observing those thoughts instead of just letting them run on autopilot.

Whenever a thought pops up that is uncomfortable and makes you feel bad, which means it's not aligned with who you really are, observe it and ask yourself "What belief inside of me is causing that thought?"

The moment you locate what belief is causing you to have that specific thought, you can then consciously put it to the test and see if it really matches who you truly are. When you realize that belief is absurd and doesn't belong to you, you can discard it.

You've now brought to consciousness a thought that was attached to a belief that didn't have anything to be with

who you are, and you let that go. This means that thought is either never going to pop up again or if it ever does, you'll be watching, you'll recognize it and it won't have any effect on you.

It's all about making conscious the unconscious, so that it doesn't control you, since you become aware of it and you're able to make choices about it.

For example, imagine a thought pops up that says you are not good enough at your job, or at a sport you play, or studying, or maybe that you're not a good husband or wife or parent…

Well, don't believe it right away, put it to the test by asking questions like "is that really true?", "what is this coming from?", "did somebody tell me that I'm not good enough?", "Why would I believe that?"…

And then find the truth about it and see yourself doing those things and you'll find all the reasons that will confirm you actually are better than you think, and that will help you discard that thought that is not even true, that was put there in your head by someone that took advantage of a weak moment or by some childhood trauma that's making you believe things about yourself that are not true.

Always remember, whenever a thought pops up that you don't like, that's a sign that there's something out of alignment there and by watching it and understanding where it comes from, you can erase it or at least turn it into a powerless thought.

You are not your thoughts, they run on autopilot like a program, so you can change them by being aware of it.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

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